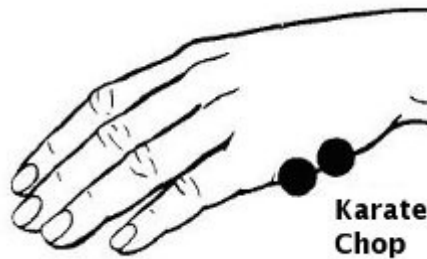


One Page EFT

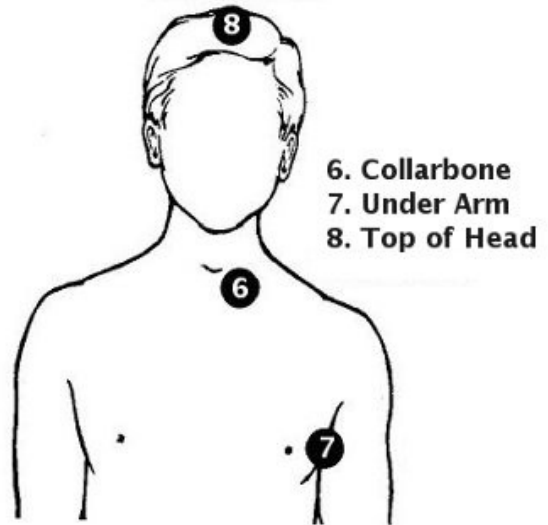
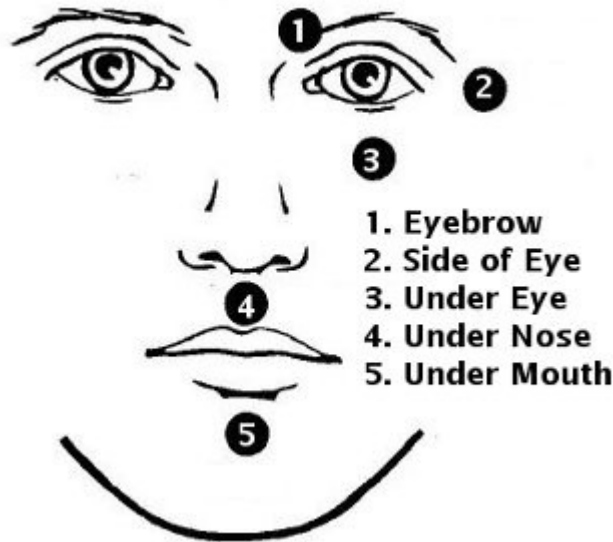
First of all ... Determine your Level of Discomfort from 0-10 before you start. This is in so-called "subjective units."

Next...

Perform The Setup . . . Tap continuously on the Karate Chop point of either hand and say "Even though I have this <fill in problem here>, I deeply and completely accept myself." Repeat the statement 3 times, tapping all the while you are saying it.



Tap The Sequence . . . Tap 6-8 times on each point while staying focused on the problem. State the problem out loud or in your mind.



Check in with yourself . . . Take a deep breath and check your emotional level (0-10). Repeat the sequence if any intensity remains or if other issues come to mind.

Finally . . . Be prepared to persist with the procedure until all aspects of the problem have been addressed.