

EFT PROCEDURE

1. The Setup ...Repeat Reminder Phrase 3 times:

"Even though I have this _____ I deeply and completely accept myself"
while continuously rubbing the Sore Spot or tapping on Karate Chop point.

2. The Sequence ...Tap about 7 times on each of the following energy points while repeating the SHORTENED version ("this _____") of the Reminder Phrase at each point.



3. Take a deep breath. During second round, Reminder Phrase becomes "Even though I **STILL** have some of this _____, I deeply and completely accept myself." Sequence version becomes "this **REMAINING** _____."
4. On subsequent rounds of the **SAME** issue, there is no need to repeat the Reminder Phrase 3 times. Continue on with "this remaining _____" tapping on the sequence points.

Note. If the emotional intensity of the issue does not decrease, perform **The 9 Gamut Procedure** after the tapping sequenceContinuously tap on the Gamut point while performing each of these 9 actions: (1) **Eyes closed** (2) **Eyes open** (3) **Eyes hard down right** (4) **Eyes hard down left** (5) **Roll eyes in circle** (6) **Roll eyes in other direction** (7) **Hum 3 seconds of a song** (8) **Count to 5** (9) **Hum 3 seconds of a song.**