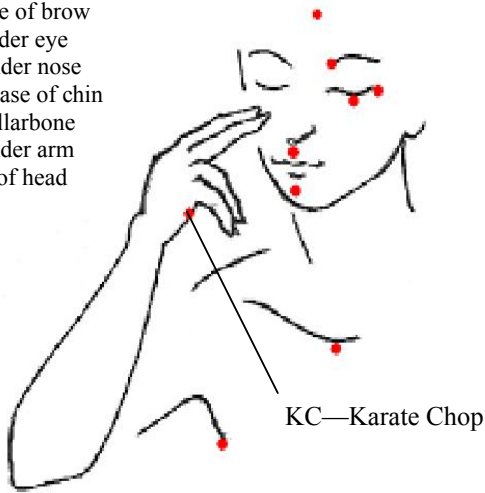


EB - eyebrow
 SE - side of brow
 UE - under eye
 UN - under nose
 Ch - crease of chin
 CB - collarbone
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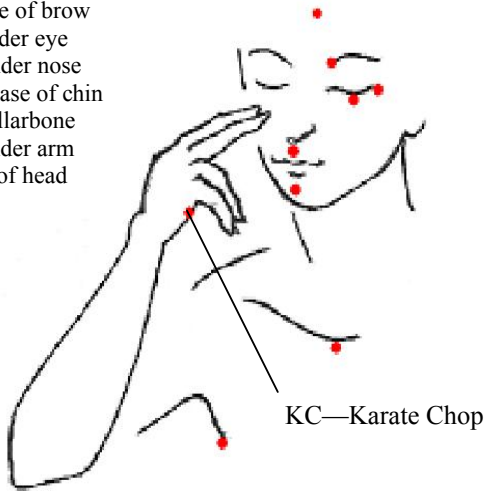


Put your own details in this box

EFT Set-up

- * Think about issue. (Try to get emotional charge).
- * Score intensity from 0-10 (10=worst, 0=best).
- * Tap Karate chop point with fingers of opposite hand and say Set-up statement X3 example below
- * **Even though I have (*name the problem*), I accept myself - or I am doing the best that I can.**
- * Be specific, use own words and phrases.
- * Tap using 2 fingers on each point (EB, SE, UE, UN, Ch, CB, UA, H) as per diagram overleaf and say reminder phrase (*name this problem*).
- * Breath deeply, refocus on issue, re-score.
- * Repeat sequence until intensity is down to zero
- * Tap in positive thoughts and affirmations about self eg **I am confident, I am relaxed, I am balanced**
- * **BE PERSISTENT.**

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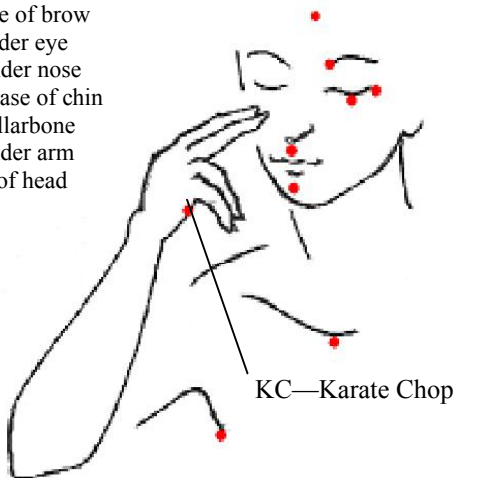


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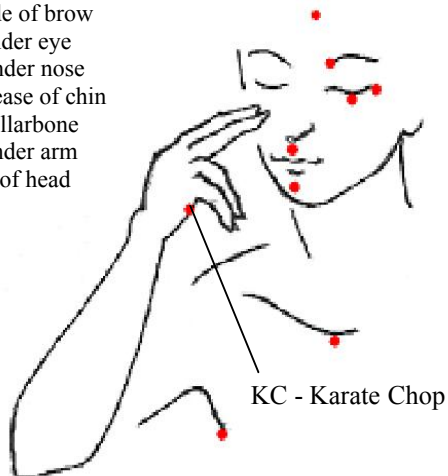


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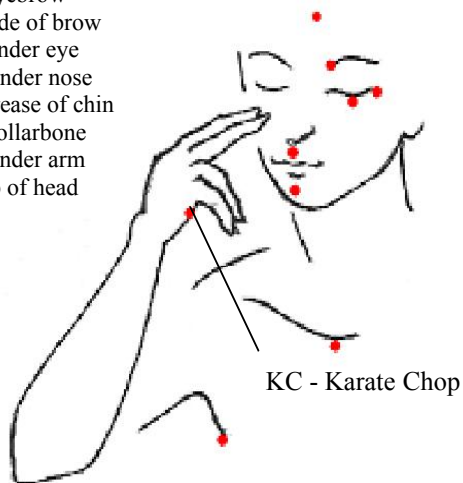


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