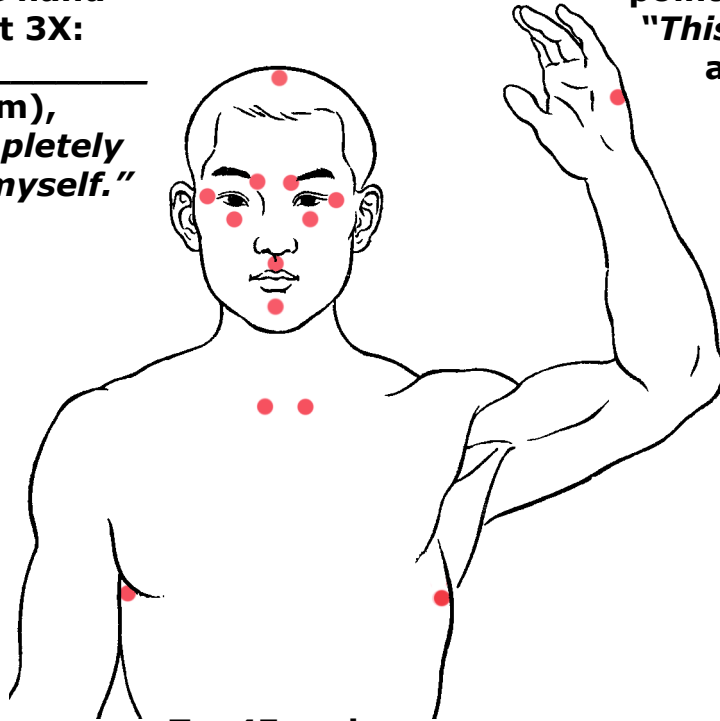


**1. While continually tapping on the side of the hand (KC point) Repeat 3X: "Even though \_\_\_\_\_ (state the problem), I deeply and completely love and accept myself."**

**2. Tap approx. 7X on each point while repeating: "This \_\_\_\_\_ (problem)." at each tapping point.**

NOTE: Tapping may be done with either the left or right hand and on the points on either side of the body.



**KC—Karate Chop  
TH—Top of Head  
EB—Eyebrow  
SE—Side of Eye  
UE—Under Eye  
UN—Under Nose  
CH—Chin  
CB—Collar Bone  
UA—Under Arm**

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