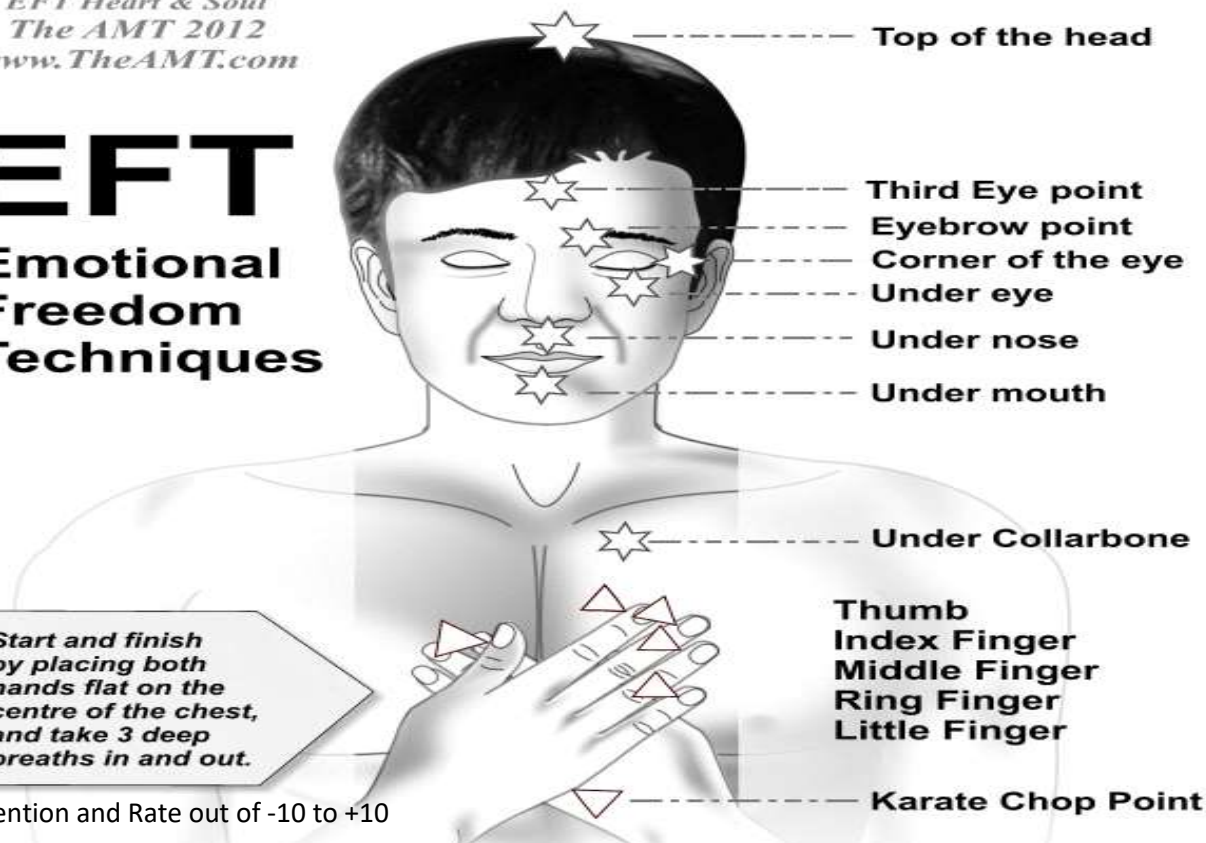


EFT

Emotional Freedom Techniques



1

*Start and finish
by placing both
hands flat on the
centre of the chest,
and take 3 deep
breaths in and out.*

2 Set intention and Rate out of -10 to +10

3 Tap the following points while saying

Top of Head __ Even though I _____

Forehead ____ I totally and completely accept myself _____

Inner Eyebrow _____

Corner of Eye _____

Under Eye _____

Under Nose _____

Under Lip _____

Under Collar Bone _____

Thumb _____

Index Finger _____

Middle Finger _____

Ring Finger _____

Little Finger _____

Karate Chop Point _____

Hands on chest and breathe