

### Procedure

**Step 1: Rate** intensity level of problem from 0–10 with 10 being the greatest intensity

**Step 2:** Repeat **Setup Phrase** 3 x while rubbing Sore Spot (A) or tapping Karate Chop Point (B)

*Sample Setup: "Even though I have this anxiety about X... I'm just going to like and accept myself anyway"*

**Step 3:** Tap out whatever you want to let go of, tapping on each of the facial points about 8 times while repeating **Reminder Phrase**

*Sample Reminder Phrase: "this anxiety"*

**Step 4:** Tap in the positive affirmation, tapping on each point while saying "I'm just going to like myself anyway"

**Step 5:** Take a couple of deep breaths

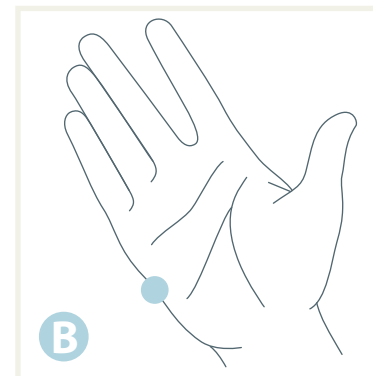
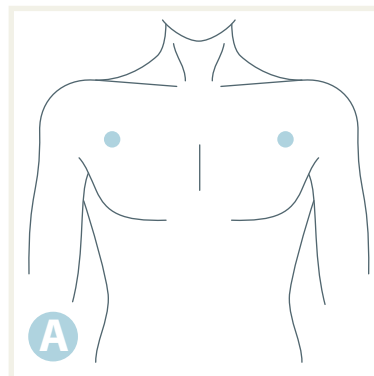
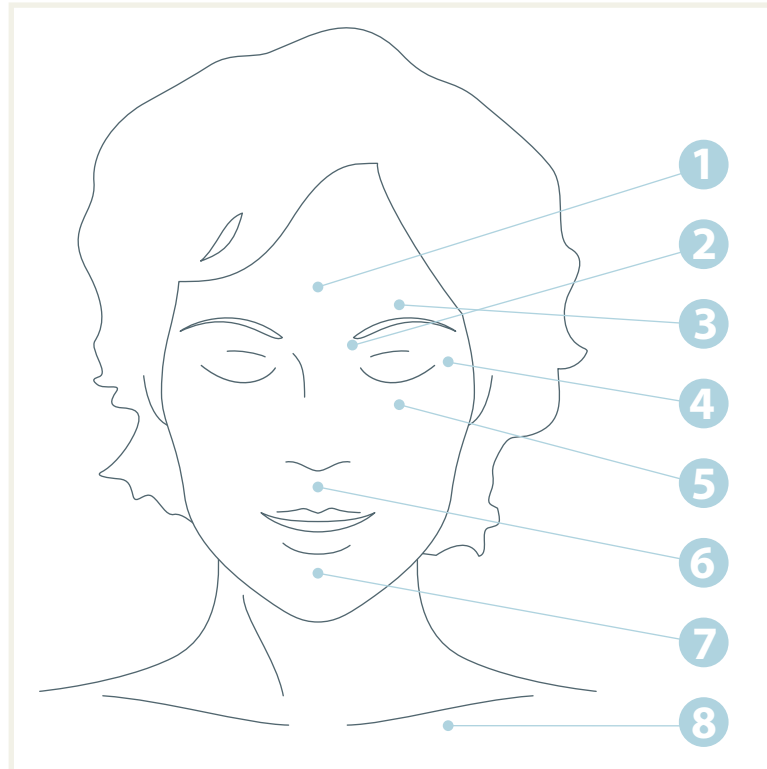
**Step 6:** Check your intensity level again

Repeat as necessary, changing your phrasing to fit how your feelings have shifted:

*"Even though I'm still a little apprehensive..."*

*"Even though I'm worried that..."*

*"Even though I don't know what to do about this anxiety..."*



### Tapping Points

- 1 Center of forehead:** the point midway between and about 2 cm above eyebrow level
- 2 Eyebrow point:** beginning of eyebrow, close to the top of the nose
- 3 Above eye:** directly above center point of eyebrow
- 4 Side of eye:** outer corner of eye on the bony ridge
- 5 Under eye:** directly beneath center of eye on bony ridge
- 6 Under nose:** on the filtrum, directly between nose and upper lip
- 7 Chin:** central point directly below lower lip
- 8 Collarbone:** about 3 cm to side of central indentation

- A Sore spot:** upper chest between armpit and center of chest
- B Karate Chop point:** halfway down side of hand