EFT PROCEDURE

1. The Setup ...Repeat 3 times this affirmation:

"Even though I have this ______ ______ ______
I deeply and completely accept myself."

or

"Even though I still have some of this ______ ______ ______
I deeply and completely accept myself."

while continuously rubbing the Sore Spot.

2. The Sequence ...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB = Beginning of the EyeBrow
SE = Side of the Eye
UE = Under the Eye
UN = Under the Nose
Ch = Chin
CB = Beginning of the CollarBone
UA = Under the Arm
Th = Thumb
IF = Index Finger
MF = Middle Finger
BF = Baby Finger
KC = Karate Chop

3. The 9 Gamut Procedure ...Continuously 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 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.

4. The Sequence (again) ...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the remaining problem.