



Tap on the Karate Chop point at the outer edge of your hand and say: "Even though I feel [insert emotion] I completely love and accept myself. Repeat this twice. Then tap all the tapping points in this sequence:

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| 1. TOP OF HEAD | 6. UNDER MOUTH | 11. SIDE OF 2ND FINGER |
| 2. INSIDE OF EYEBROW | 7. COLLAR BONE | 12. SIDE OF 3RD FINGER |
| 3. SIDE OF EYE | 8. UNDER ARM | 13. SIDE OF 4TH FINGER |
| 4. UNDER EYE | 9. SIDE OF THUMB | |
| 5. UNDER NOSE | 10. SIDE OF 1ST FINGER | |

While you are tapping on these points, focus on the emotions and the feelings in your body. Keep tapping and describing them. After tapping through a couple of sequences, keep tapping and state all your thoughts and feelings as if you are having a good vent! Then after another few sequences, when you start to feel calmer, keep tapping and ask yourself: What is the point of holding on to this emotion? What is the benefit? Tell yourself that it is time to let it go, that it is safe to let it go, that you are ready to let it go.

Take a few deep breaths and review how you are feeling now. If there is still an emotional intensity left, note the emotion, where you feel it in your body, and assess the intensity level again. Tap again as directed above.

At the end of your sequence, rate your intensity level on a scale from 0-10. Compare your results with your initial intensity level. Repeat daily, perhaps as part of your morning or evening routine, to help let go of built-up emotions. The key is to make it work for you, so experiment with different times of day, and see what feels good.

