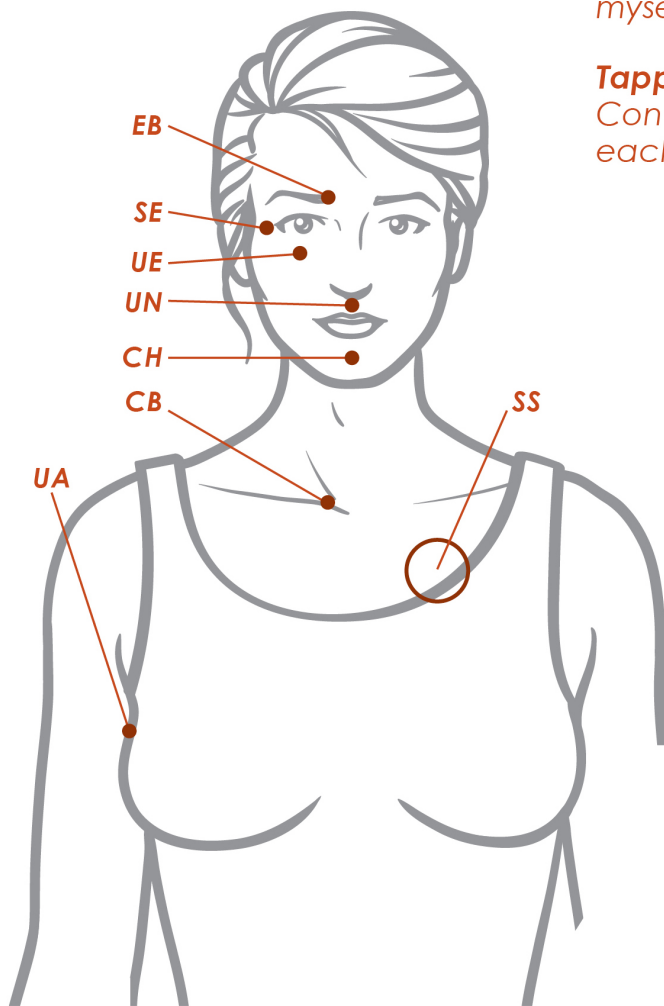


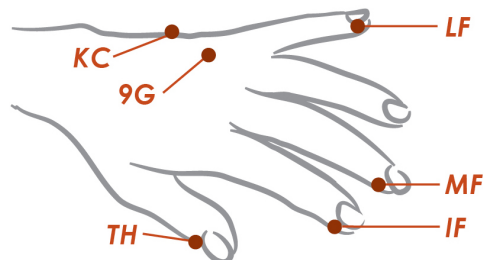
“The cause of all negative emotions is a disruption in the body’s energy system.”

Tapping Setup (Tap on **KC** or **SS**)
 “Even though I have this _____,
 I deeply and completely accept
 myself.” (State issue 3 times while tapping)

Tapping Sequence
 Continue tapping lightly 7 times on
 each point while stating your issue:



- KC** Karate Chop or Sore Spot (**SS**)
- EB** Eyebrow
- SE** Side of the Eye
- UE** Under the Eye
- UN** Under the Nose
- CH** Chin
- CB** Collarbone
- UA** Under the Arm
- TH** Thumb
- IF** Index Finger
- MF** Middle Finger
- LF** Little Finger
- KC** Karate Chop or Sore Spot (**SS**)
- 9G** 9 Gamut





CAREGIVERSANITY™

THE DISCOVERY STATEMENT

"The cause of all negative emotions is a disruption in the body's energy system."

THE BASIC EFT® RECIPE

The Setup

Repeat this affirmation 3 times while continuously rubbing the Sore Spot or tapping the Karate Chop point.

"Even though I have this (state your issue here), I deeply and completely accept myself."

The Sequence

Tap approximately 7 times on each of the following energy points while repeating the Reminder Phrase at each point: *(Example: Even though I am (state your issue here), I deeply and completely accept myself.)*

(Please refer to the Tapping Points diagram on Page 1 for the location of each point.)

EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, BF, KC, 9G

The 9 Gamut Procedure

Continuously tap on the 9 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 a circle *(clockwise)*
6. Roll eyes in other direction *(counter clockwise)*
7. Hum 2 seconds of a song *(i.e., Happy Birthday)*
8. Count to 5 out loud
9. Hum 2 seconds of a song *(i.e., Happy Birthday)*

The Sequence (again)

Tap approximately 7 times on each of the following energy points while repeating the Reminder Phrase at each point:

(Please refer to the Tapping Points diagram on Page 1 for the location of each point.)

EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, BF, KC, 9G

Note

In subsequent rounds, the Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the remaining problem. *(Example: Even though I have this remaining state your issue here, I deeply and completely accept myself.)*