

Set-Up Phrase

 KC - Karate Chop

Reminder Phrase

-  EyeBrow
-  Side of the Eye
-  Under the Eye
-  Under the Nose
-  Chin
-  Collarbone
-  Under the Arm
-  Top of the Head

EFT Shortcut



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Set-Up: *“Even though I (have this problem), I deeply love & accept myself” (3 times)*

Reminder: Tap on each point 7 times while saying *“This (problem)”*

Repeat: Set-up again and points again, changing words to *“This remaining (problem)”*