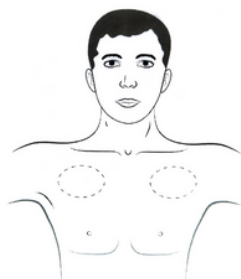


Emotional Freedom Technique (EFT)

Before tapping

Recite the affirmation out loud 3 times, while massaging the tender spots.

Tender Spots

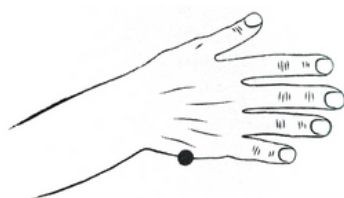
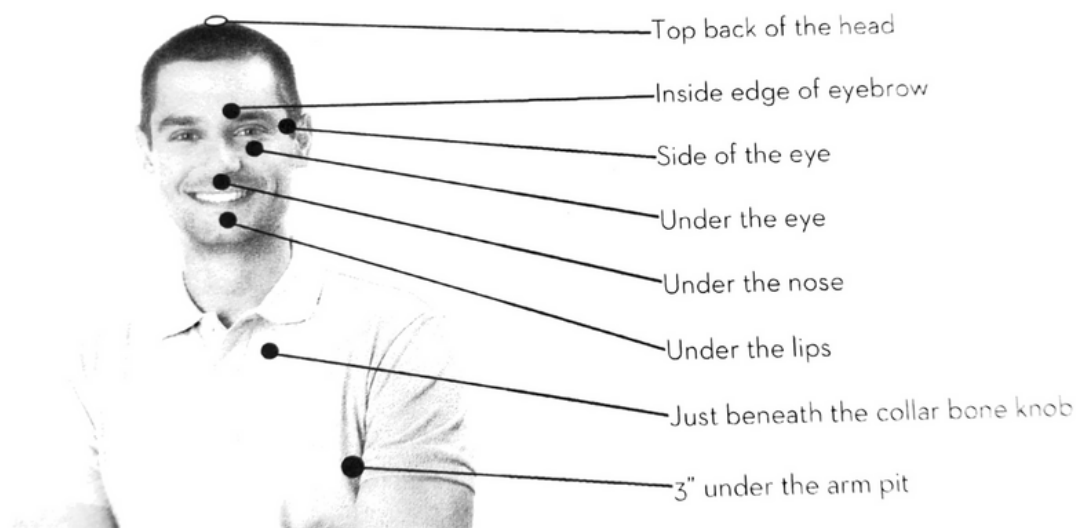


Even though I feel...
(*despair, grief, anger, loneliness*),
I deeply and completely recognize, accept and love myself.

Example affirmation

Even though I feel overwhelming anxiety, I deeply and completely recognize and accept myself.

EFT TAPPING POINTS AND THE MERIDIANS



Karate chop point

Note

If we can discover the subconscious contract that causes us to feel, for example anxiety, in a given situation, (eg. *I feel anxiety in order to protect myself from the existential fear and rejection that happens whenever I move house.*), we would use it before tapping in place of our affirmation using your own words.

Example: *I release myself from this unconscious contract. I can feel safe and loved whenever I move house.*