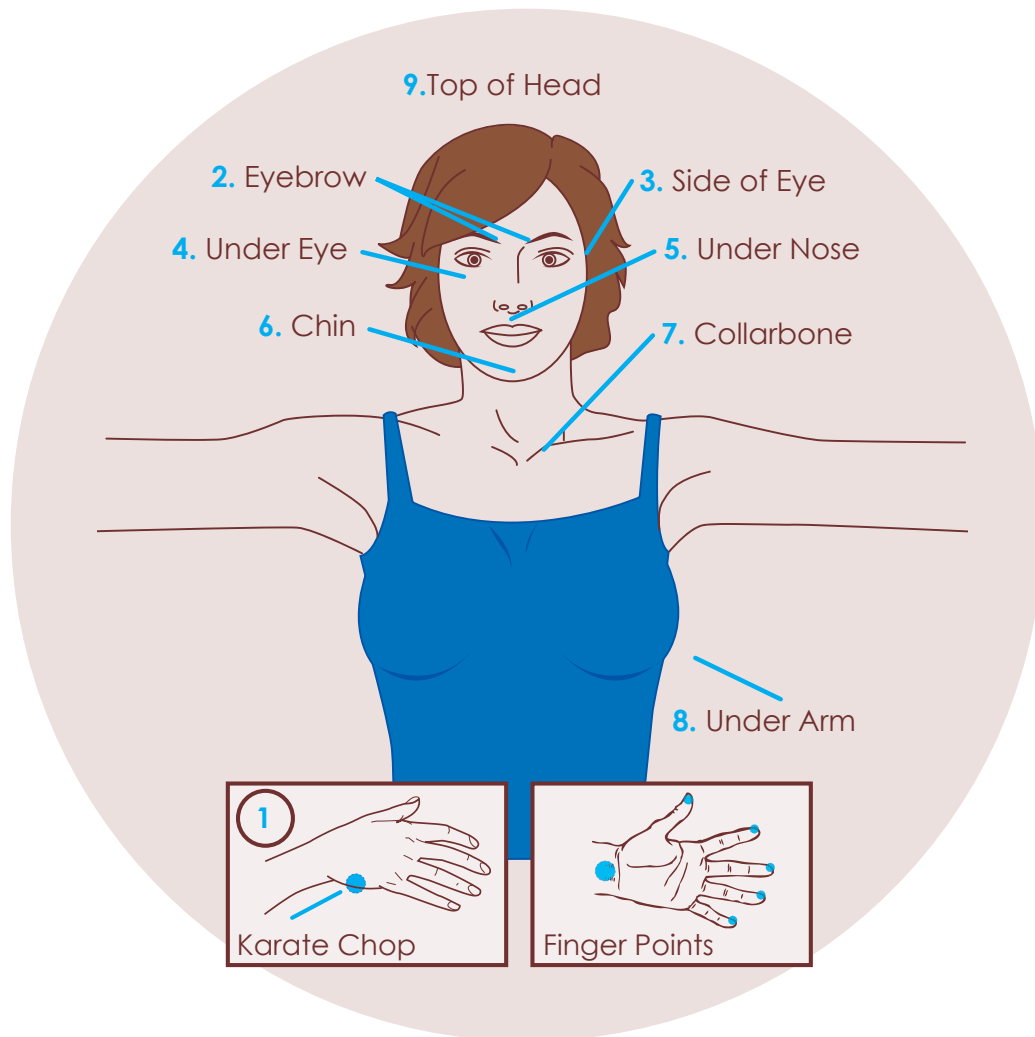


Tapping Points Guide

Step By Step Instructions



1. Set up: Whilst tapping on the Karate Chop point say "Even though I am feeling (focusing on the problem) I accept myself / I am a great person anyway."
2. Tap 6-8x on each point while staying focused on the feeling/problem. (Out loud or in your head).
3. After enough rounds: Whilst tapping & focusing on the problem, say "I choose to feel.... (better)" (opposite to the problem)
4. Take a deep breath and check your emotional level. Repeat if any intensity remains or any other issues come to mind.
5. Persist with all aspects of the problem until you feel relief. Good luck!



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