

# TAPPING SEQUENCE

\*Make your statement  
"I have this  
feeling/problem,  
I accept myself"



\*Side of Eye  
3-4 taps



\*Collarbone  
3-4 taps or  
Pat with hand



\*Karate chop  
4 taps each hand



\*Under the Eye  
3-4 taps



\*Under Arm  
3-4 taps  
One or both



\*Top of Head  
3-4 taps



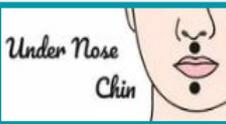
\*Under Nose  
3-4 taps



\*Karate chop  
4 taps each hand



\*Top of Eyebrow  
3-4 taps



\*Chin under lips  
3-4 taps



Breath and Relax  
\*Close with  
Statement