EFT™ (Emotional Freedom Techniques)
SHORTCUT TAPPING PROCEDURE

THE SETUP

1) Focus on a SPECIFIC Issue, and rate the intensity on a 0-10 scale.

2) Repeat Three Times:
   “Even though I have this problem, I deeply & completely accept myself.”

3) While continuously tapping the “Karate Chop” point.

THE SEQUENCE

4) Tap about 5X on each point while repeating “This Problem.”

   #1 - TH
   #2 - EB
   #3 - SE
   #4 - UE
   #5 - UN
   #6 - CH
   #7 - CB
   #8 - UA

5) Focus on the ORIGINAL problem and re-rate the intensity. If not yet at a zero, apply the Tapping Procedure again.

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To Learn More about EFT
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