|  |  |
| --- | --- |
| Pick an issue | Fear, addiction, craving, pain, sadness, anger, etc….  |
| Measure the Intensity | 10/10 – worst feeling0/10 -- not feeling the problem at all |
| Set-up Phrase | “Even though I (crave for donuts) , and part of me can’t let it go, I deeply and completely love and accept myself anyway” |
| Tap KC (karate chop) point | Tap KC point as you state the Set-Up Phrase out loud 3x  |
| Reminder Phrase | “This craving…”; “ All these donuts…”; “I must have me a donut” (focus on negative issue to neutralize) |
| Tap power points(face and torso) | Tap the power points sequence as you state the reminder phrase (starting at eyebrow point, ending at top of the head) |
| Breathe and re-measure | Breathe and measure the intensity again. Intensity up or down? If still above 5/10, repeat negative round |
| Round 2 Set-up Phrase (tapping KC point) | “Even though I STILL (crave for donuts) , I deeply and completely love and accept myself anyway” (say 3x) |
| Round 2 Reminder Phrase (positive round when intensity is 4/10)  | “I’m open to healing…”; “I choose to feel safe…”, “Letting go…”; “I refuse to eat this donut…” (positive empowering choices) |
| Breathe, Repeat, Smile ☺  | Breathe and measure intensity. Repeat until 2/10 or zero.  |

 