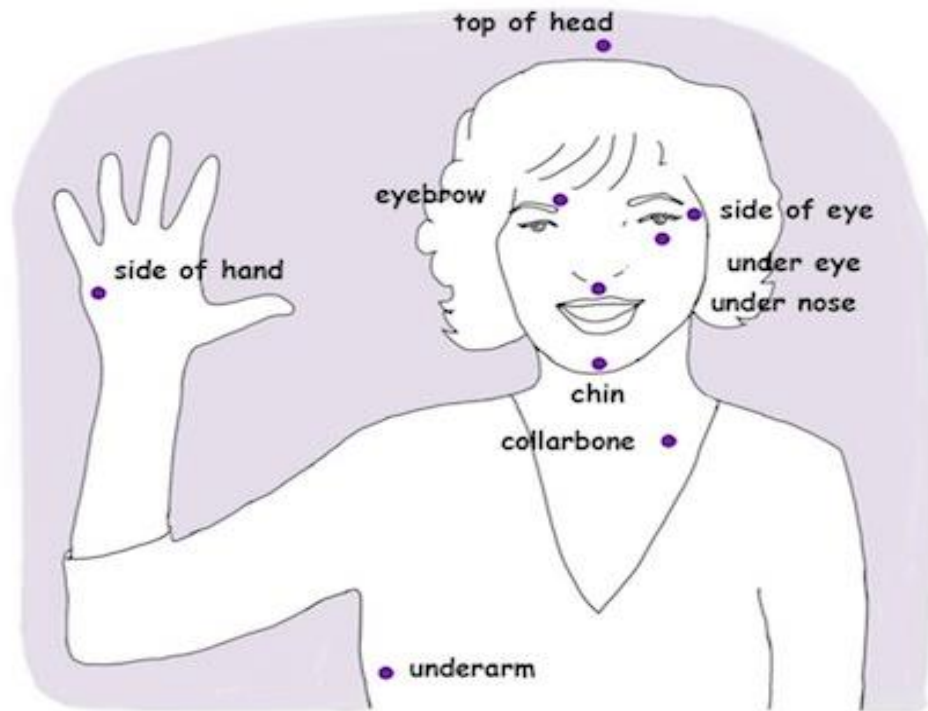


TAPPING

with

Marcella



EFT HOW-TO CHART

Focus on the distress you want to resolve. If you have several issues you want to work on, focus on the one that's most stressful right now.

Assign a Subjective Units of Distress (SUD) to the problem. On a scale of 1 (lowest) to 10 (highest), rate how intense the distress is.

Create a setup statement. "Even though I [state the problem], I deeply love and completely accept myself." Repeat the statement aloud 3 times while tapping on the fleshy part of the outside of the hand with the four fingers of the other hand.

Tap around the points. Tap lightly about five to seven times on each point in the illustration, starting at the top of the head and ending at the underarm point.

While tapping on the points, say aloud to yourself a short reminder phrase to keep the focus on the issue you're tapping on.

Remeasure your SUD level. After you complete a round or two of tapping, re-visit your initial distress. What SUD number would you give it now? If you're not yet at 0, begin the process again. The goal is to get your SUD to 0.