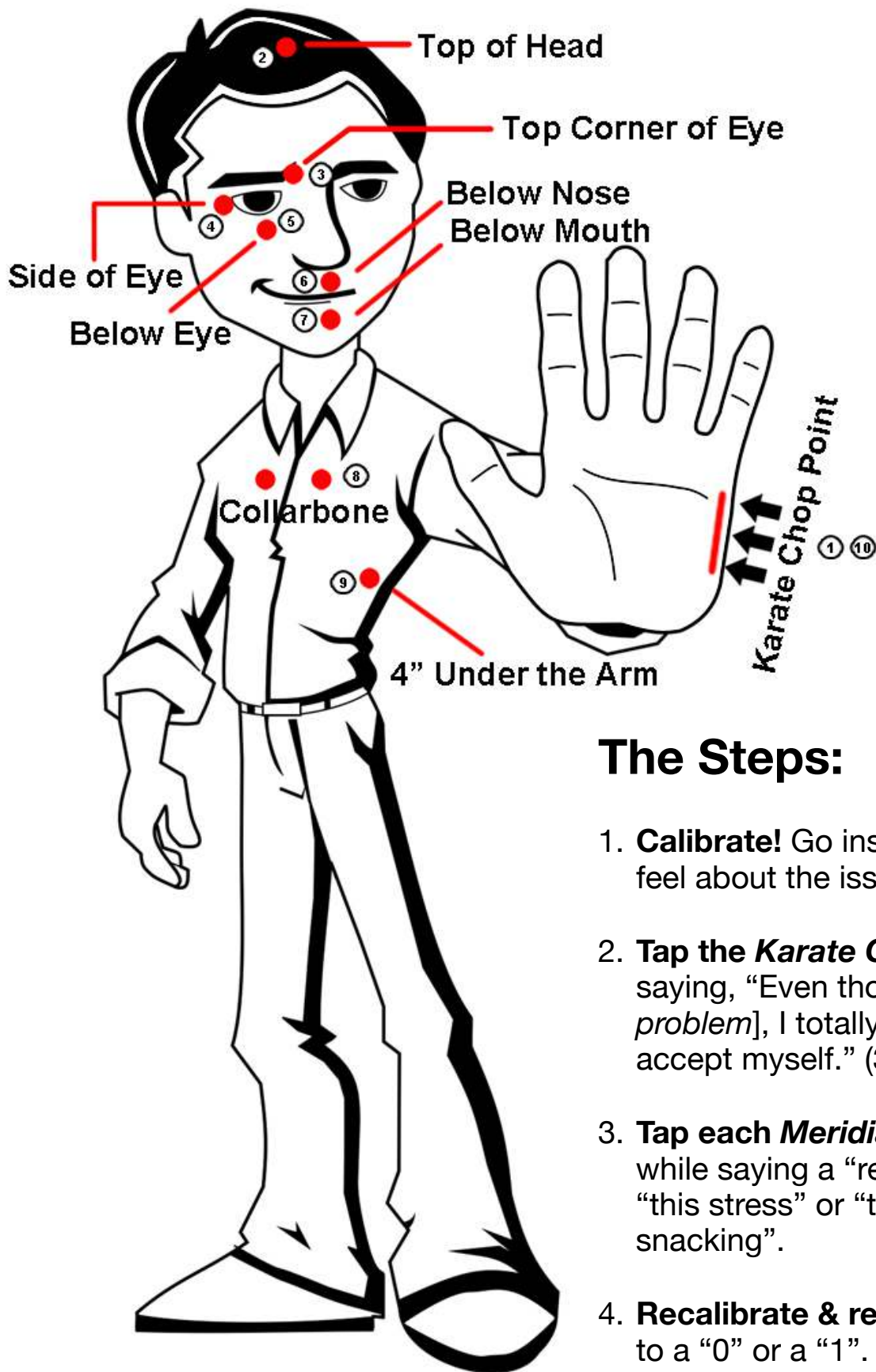


# Tapping or Emotional Freedom Technique



## The Steps:

1. **Calibrate!** Go inside and find how you feel about the issue. Call that a “10”.
2. **Tap the *Karate Chop Point*** while saying, “Even though I [*state your problem*], I totally and completely accept myself.” (3-5 mins.)
3. **Tap each *Meridian Point*** several times while saying a “reminder word”, like “this stress” or “this feeling” or “the snacking”.
4. **Recalibrate & repeat.** Get your feelings to a “0” or a “1”.