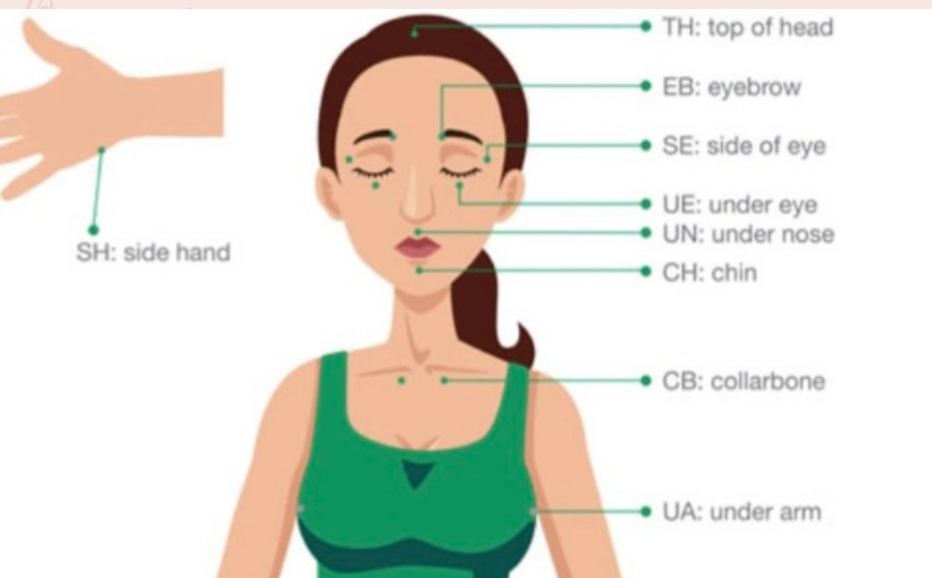


# EFT GUIDE

**Start with checking in with yourself and seeing how you are feeling on a scale of 1-10. Write this down.**

**Now start with you hand, on the meaty side, by your pinky. Repeat "Even though I have this (problem) I deeply and completely accept myself."**



Now starting at the eye brow you will tap on the negatives. Ex-"I'm stressed"  
For each point you will tap 7-10s  
And go through the whole sequence 3 times.

Meaning, you should be tapping on the eyebrows 7-10 times before moving onto the next point which is the side of the eye. You can say the negatives in your head or out loud. Once you go through all the points you will repeat. After 3 xs you will check in with yourself and see how you are feeling on the scale of 1-10. Has the negative gone down a bit? If so, move on to the positives. Ideally, you will want to make these into believable affirmations. If that doesn't feel possible, then just say something neutral as in "I am calming down" "I am in control" or whatever else feels like coming out at the time. Remember to avoid negative words like don't, can't, won't your subconscious mind struggles processing them. Think about what the opposite of the negative feeling is?

## Examples of tapping scripts:

**Negative:** I feel disgusting, I dont love myself, I hate looking into the mirror. It is a struggle for me to see myself in my clothes.

**Positive:** I am strong. I am capable of growth. My thoughts are clear and promote self love. I see myself growing into a beautiful person who is loved by many including myself. The clothes on my body leave me feeling confident and kind to myself.

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