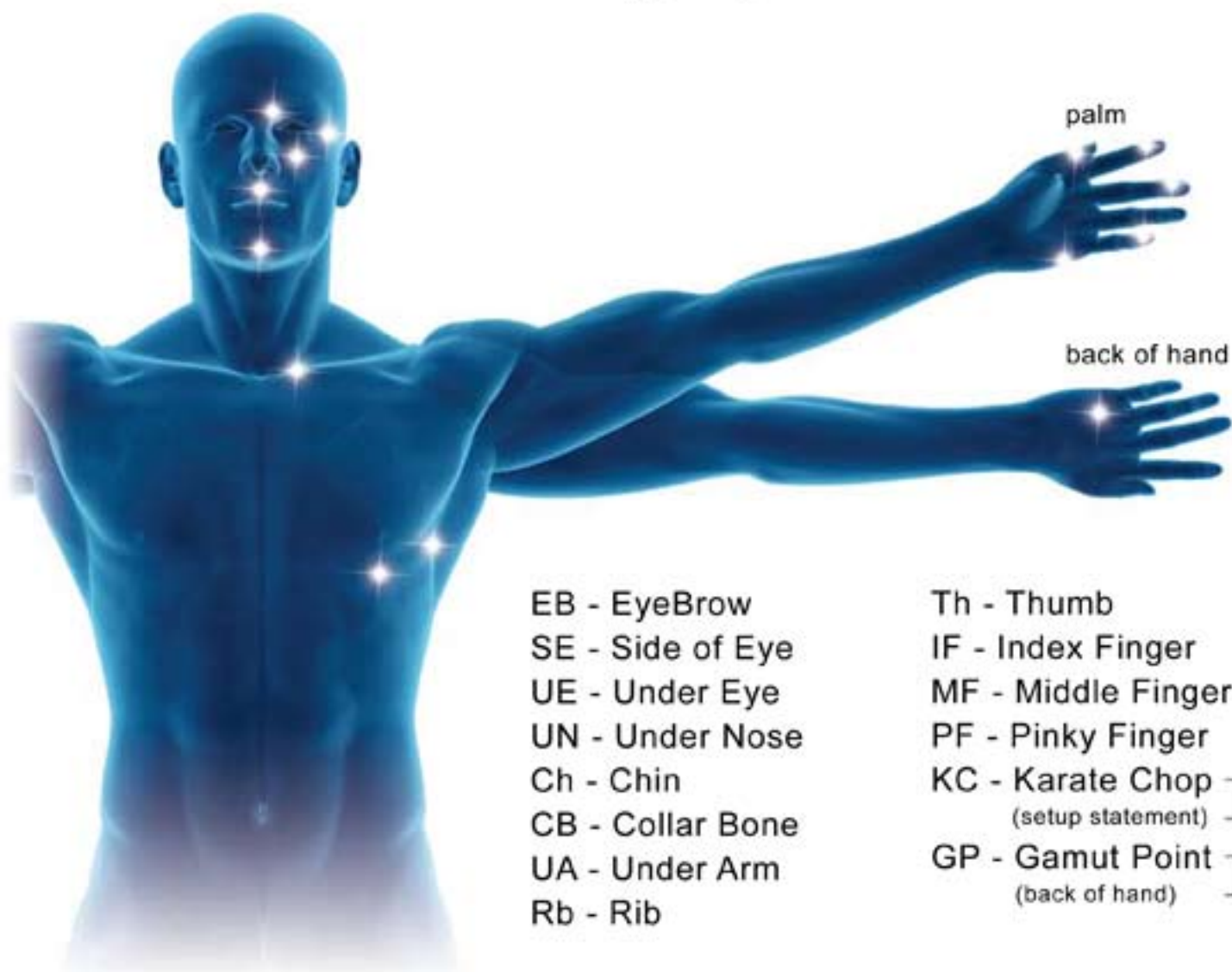


Meridian Tapping Points



EB - EyeBrow
SE - Side of Eye
UE - Under Eye
UN - Under Nose
Ch - Chin
CB - Collar Bone
UA - Under Arm
Rb - Rib

Th - Thumb
IF - Index Finger
MF - Middle Finger
PF - Pinky Finger
KC - Karate Chop
(setup statement)
GP - Gamut Point
(back of hand)

HOW TO TAP

Step 1: Target a physical symptom or emotional upset. **MOST IMPORTANT STEP! TUNE IN!**

Step 2: Assign a SUD rating

Step 3: Say or think the Setup Statement while tapping Karate Chop point:

"Even though I have this _____, I'm bringing it to my body & mind's attention."

Step 4: Tap the Basic Recipe for two rounds while saying or thinking a Reminder Phrase

Step 5: Re-assess. If not satisfied, continue tapping Karate Chop point while saying or thinking:

"Even though I have this *remaining* _____, I'm bringing it to my body & mind's attention." (repeat Steps 4 & 5)