1. **Start** with an emotional, mental or physical condition that you wish to change. Then find a word or two on HOW this makes YOU FEEL - Frustrated? Angry? Sad? Lousy? Afraid? Jangled? Try to be “in the feeling” then rate the intensity on a scale from 1-10. (You may also tap without saying anything at all – just breathe deeply and tap).

2. **THE SET – UP:** While rubbing the “Sore Spot” in a circular motion (see the picture below on your LEFT side) OR Tapping the “Karate Point” on either hand – Repeat the “Polarity Reversal” phrase 3-5 times... “Even though I am_________ (ex: angry, worried, sad, afraid, frustrated, impatient, trying too hard, etc), I deeply and completely accept myself.” Or, you can say “I deeply love and accept myself”, or “I like myself – I’m OK” Or just “I love my dog”.

3. **THE SEQUENCE:** Picking either side (left or right - you only need to tap one side of the body), tap with one or two fingers on **each point** starting with #1, for about 10 seconds, while repeating the “Reminder Phrase”. This is a “file” reminder using the word you identified above – repeat “**This** anger.” or “**This** lack of money” or “**This** fear.” You are “owing” this feeling”- focusing on “this feeling”. When you have gone through all 7 points, rate your intensity of the feeling again. If you are not at zero, then do it again. Maybe you have new feelings or you just feel like ranting or “running the movie” (seeing the situation in your mind). If things get intense, keeping tapping, it will subside!

   - At any time or after you get to a zero, it is very powerful to “download” into your subconscious how you want the situation to be or how you want to feel. For example, “I choose to feel strong and flexible.” “I choose to be abundant and prosperous.” Etc. Using the word “choose” directs the subconscious without resistance. You can’t do it wrong. There are only positive side affects.

4. For guided facilitation or more instruction, please call or email Bob Baxter. Sessions on the phone 401-709-3952 are about 30 to 45 minutes. See also www.TheTappingSolution.com // www.TheWellnessFactor.org // www.EFTuniverse.com

   - 1. Start with The Eyebrow - Where the bone behind your eyebrow turns in the bridge of your nose.
   - 2. Corner Of The Eye - On the bone in the corner of your eye.
   - 3. Under The Eye - On the bone just below your eye, in line with your pupil if you look straight ahead.
   - 4. Under The Nose - Between you nose and your upper lip
   - 5. Under The Mouth - In the indentation between your chin and your lower lip
   - 6. Collarbone - In the angle formed by your collarbone and the breastbone. At the tip of the collar bone.
   - 7. Under Arm – directly under arm pit on the side of the body
   - 8. Thumb - all finger points are on the side of the finger facing towards you, in line with the nail Base , THIS WORRY.
   - 9. Index Finger – THIS FEAR, THIS PERFECTIONISM
   - 10. Middle Finger - THIS FRustration, THIS ANGER
   - 11. Ring Finger - THIS SADNESS, THIS GRIEF
   - 12. Little Finger - THIS IMPATIENCE, THIS HATE, THIS BROKEN HEART, THIS BETRAYAL
   - 13. Gamut Point - on the back of your hand (G), just behind and between the knuckles – TAP continuously while doing #15.

When you’re all the way through, take a deep breath in and out. You can repeat the treatment with a different statement - often something comes to your mind as you do this. Different statements create different changes, so experiment with many different forms of wording and ways of saying something until you feel comfortable. It’s ALL about How does that make you FEEL and then How do you want to FEEL!