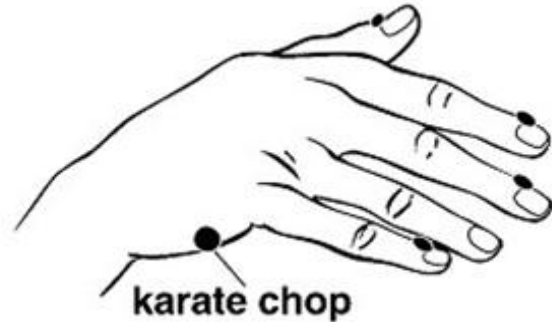
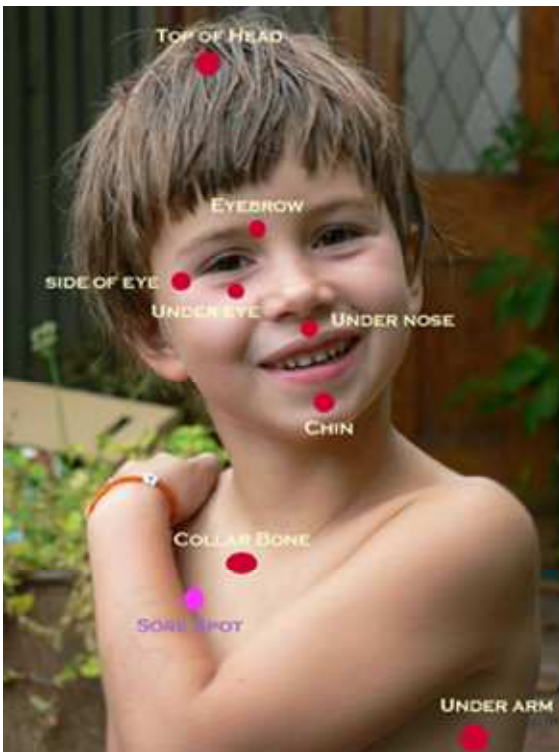


THE BASIC (Short Form) RECIPE

1. **Tune in: Breathe in and Breathe out, are you feeling angry, hurt, sad, scared, worried... Then do The Setup...** Repeat the sentence you tuned into 3 times for e.g., "Even though I am _____ I am a really good kid." while continuously tapping the Karate Chop point.



2. **The Sequence...** Tap about 7 times on each of the following



energy points while repeating the **Reminder Phrase** at each point.

- Top of head
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collar bone
- Under Arm
- Thumb
- Index Finger
- Middle Finger
- Baby Finger
- Karate Chop point

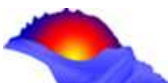
3. **Tune in again to what was bothering you and notice how you feel now and tap**

again until you feel really good. Remember that in the next round, The Setup and the Reminder is changed according to what's left...

If you get stuck... try one of the following to help.

- Try a different set-up phrase.
- Make sure you are being as clear as possible.
- Drink a glass of water, this helps move things. Moving around is good too.
- Say the set-up and reminder phrases with lots of feeling, for example, "this really, really bad feeling".
- Try the 9 Gamut procedure between rounds and Ask your parents to help you with this.

Many Kids Feel Amazing after EFT



Happy Tapping! The rhyme

Happy Tapping is lots of fun

You can do it on your own - or with anyone!

Tap tap tap on the top of your head,

Tap tap tap do just what I said!

Tap on your eyebrow just near your nose.

Then the side of your eye where the hard bone grows.

Now on the bone - under your eye,

Don't poke your eye or you'll make yourself cry!



Now under your nose - but over your lips

Tap tap tap - with your finger tips!

Now under your bottom lip - but over your chin,

Just on the bit where your chin goes in.



Now under your collarbone - but over your chest,

Under the bump of the bone is best!

The last on the list is under you arm,

To make sure you get it right - slap with your palm!

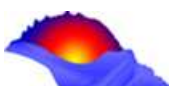
If you still don't feel good - don't go to bed,

Start tapping again on the top of your head!



By Don White, Australian Cab Driver

First Published on www.emofree.com





Finger Tapping Fun!

Written By Angie Mucillo

*Rap-a-tap tapping
With my fingers,*

Rap-a-tap tapping

On my face,

Rap-a-tap tapping

Is energizing!

And helps me find



My happy place!

Rap-a-tap tapping

With my fingers,

Rap-a-tap tapping

On my face,

Rap-a-tap tapping

Calms me down

And helps me find

My peaceful space!

