

Instructions adopted from Thought Field Therapy

1. Focus on (think about/feel) the _____/distress related to _____.
As best as possible, stay focused on this during the entire procedure.

Try to rate the intensity of the feeling on a 0-10 scale (0=least, 10=most). This will make it easier to see if the intensity of the distress changes.

2. Tap on the side of either hand 20 times, while repeating 3 times: "Despite these feelings of (fill in from above), I deeply and completely accept myself."

3. Tap each of the following points at least 7 times (one side or both).

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

4. Tap the triangle spot on the back of your hand continuously while doing the following (minimum of 7 taps each):

- | | |
|---------------------------|-----------------------------------|
| 1. Eyes closed | 6. Circle eyes counter clock wise |
| 2. Eyes open | 7. Hum (any tune or notes) |
| 3. Look down to the left | 8. Count to 5 |
| 4. Look down to the right | 9. Hum again |
| 5. Circle eyes clock wise | |

5. Repeat steps 2 and 3. (Remember to keep your focus as best as possible on the issue)

6. Re-rate the intensity of the feeling.

This completes the main procedure. It may be repeated.

Here is the finishing step.

7. Tap the triangle spot on the back of your hand continuously, while rolling your eyes slowly (about 10 seconds) from the floor to the ceiling.

8. Re-rate the intensity of the feeling.

You did it.

Repeat as necessary.

Note: If feelings increase at some point, notice what just happened, ie: what you ate, were doing, smoked, smelled, etc., as something may have effected the correction. Call me.