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Emotional Freedom Technique (Also Called EFT Or Tapping ...Open Your Eyes Look Down Hard Right, Then Left Make A Circle With Your Eyes Going One Way And Then The Other Hum Briefly (preferable A Song) Count To 5 Out Loud Hum Briefly Again Now Repeat The Process By Going Back Up To Your Eyebrow, Tap On All The Spots And Back Down To Your Hand Repeating The Han May 22th, 2024Reminder Sheet For EFT Tapping Points - Healthy In Mind• You Have To Be Specific About Each Aspect Of The Memory Or Feeling That You Are Tapping For. • Treat Each Aspect Of A Memory Or Issue Separately, E.g. Anger At Your Mother For Embarrassing You On Your 8th Birthday Would Be Treated Until Down To Zero, And Then Sadness That The Day Was Ruined, Etc. • Bring Each Aspect Down To Zero. Feb 21th, 2024EFT International Free Tapping ManualIntroduction A Woman Comes Into The Practitioner's Office And Is Distraught; She Has Been So Frightened Of Driving For May 21th, 2024.

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EFT<sup>™</sup> (Emotional Freedom Techniques) SHORTCUT TAPPING ...T H E S E T U P 2) Repeat Three Times: "Even Though I Have This Problem, I Deeply & Completely Accept Myself." 3) While Continuously Tapping The "Karate Ch Feb 9th, 2024Example Tapping Scripts - Evidence Based EFTExample Tapping Scripts Evidence Based EFT Dr Peta Stapleton LEGEND • KC - KARATE CHOP OR SIDE OF THE HAND • SE - SIDE OF EYE • UE - UNDER EYE • UN - UNDER NOSE • CH - CHIN • CB - COLLARBO May 21th, 2024EFT Tapping Points ChartEFT Tapping Points Chart E-Motional Solutions -e-motionalsolutions.co.uk Top Of Head Inner Eye Outer Eye Under Eye Under Nose Chin Collar Bone Under Arm Karate Chop Sore Spot Identify An Issue And Give It A Number Of Intensity 0 –10. Rub The Sore Spot Or Tap Your Two Karate Chop Points Together And Repeat A Zset Up Out Loud Three Times. Apr 21th, 2024.

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