

# Debbie Ennis<sup>LICSW</sup>

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Rate your discomfort on a scale from 0 (no discomfort at all) to 10 (the highest level you can imagine.)

A. While tapping on the “karate chop” or “sore spot” points, say the following phrase three times.

“Even though I have this...*(describe the issue in as much detail as possible)*, I deeply and completely love and accept myself.”

Example: “Even though I have this ‘*terrible fear of heights*,’ I deeply and completely love and accept myself.”  
“Even though ‘*my fear of heights stops me from doing things that I love*,’ I deeply and completely love and accept myself.”  
“Even though ‘*I can’t seem to get over my fear of heights*’ I deeply and completely love and accept myself.”

B. While tapping on the following points, say only the phrase that you came up with on the line above. (*The italicized words only.*) Or spontaneously talk about your issue at each point.

Top of head  
End of eyebrow, (closest to nose)  
Outside of eye  
Underneath eye  
Underneath nose  
Chin  
Sore Spot (about 1 inch from tip of clavicle)  
Below armpit  
Underneath breast area (some people don’t use this point)  
Thumb  
Index finger  
Middle finger  
Pinky  
Karate chop point (on your hand)

C. While tapping on the back of your hand (by your pinky and ring finger) do the following.

Close your eyes.  
Open your eyes.  
Look down hard to the right, moving only your eyes.  
Look down hard to the left, moving only your eyes.  
Move eyes in clockwise direction.  
Move eyes in counter-clockwise direction.  
Hum 2 beats, count to 5, hum 2 beats.  
(When you hum, think of Twinkle, Twinkle Little Star)

D. Then do section “B” again. That’s it!