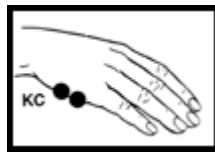


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Tapping Points Illustrations

Tap continuously on the Karate Chop (KC) point while saying the Set-Up Statement.
Even though I have this (problem), I deeply and completely accept myself.

KC -- Karate Chop Point



Then, tap on the follow points while tuning into the problem
and saying the reminder phrase, e.g. this (problem).

EB – Eyebrow
SE – Side of the eye
UE – Under the eye
UN – Under the nose
CH – Chin
CB – Collarbone
UA – Under the arm
H – Head

