

"The cause of all negative emotions is a disruption in the body's energy system."

1. "Even though I have this ____, I deeply & completely accept myself." 3x rub sore spot.

2. Tap 7x, repeat Reminder Phrase: EB, SE, UE, UN, CH, CB, UA, BN, TH, IF, MF, BF, KC.

3. Tap on Gamut point: **A.** Eyes closed. **B.** Eyes open. **C.** Eyes hard down right, head steady. **D.** Eyes hard down left, head steady. **E.** Roll eyes in wide circle. **F.** Reverse the eye roll direction. **G.** Hum 2 seconds of a song. **H.** Count rapidly from 1 to 5. **F.** Hum 2 seconds of a song.

4. Repeat #2, tapping 7x at each point.

If not down to a zero, repeat with:

5. Even though I still have some of this ____, I deeply & completely accept myself. (forgive self, others)

6. Repeat 1-4, with Remaining ____.

The Mental Game, Robert Bike, 541-465-9486

www.TheMentalGame.org, robertbike@comcast.net

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