



1. **Set Up Statement:** While tapping on karate chop point repeat 3x: “Even though I have this (problem) I accept myself.”
2. **The Sequence:** Tap 6-8x on each point while staying focused on the problem. State the problem out loud or in your mind.
3. Take a deep breath and check your emotional level. Repeat the sequence if any intensity remains or if other issues come to mind.
4. Be prepared to persist with the procedure until all aspects of the problem have been addressed.

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