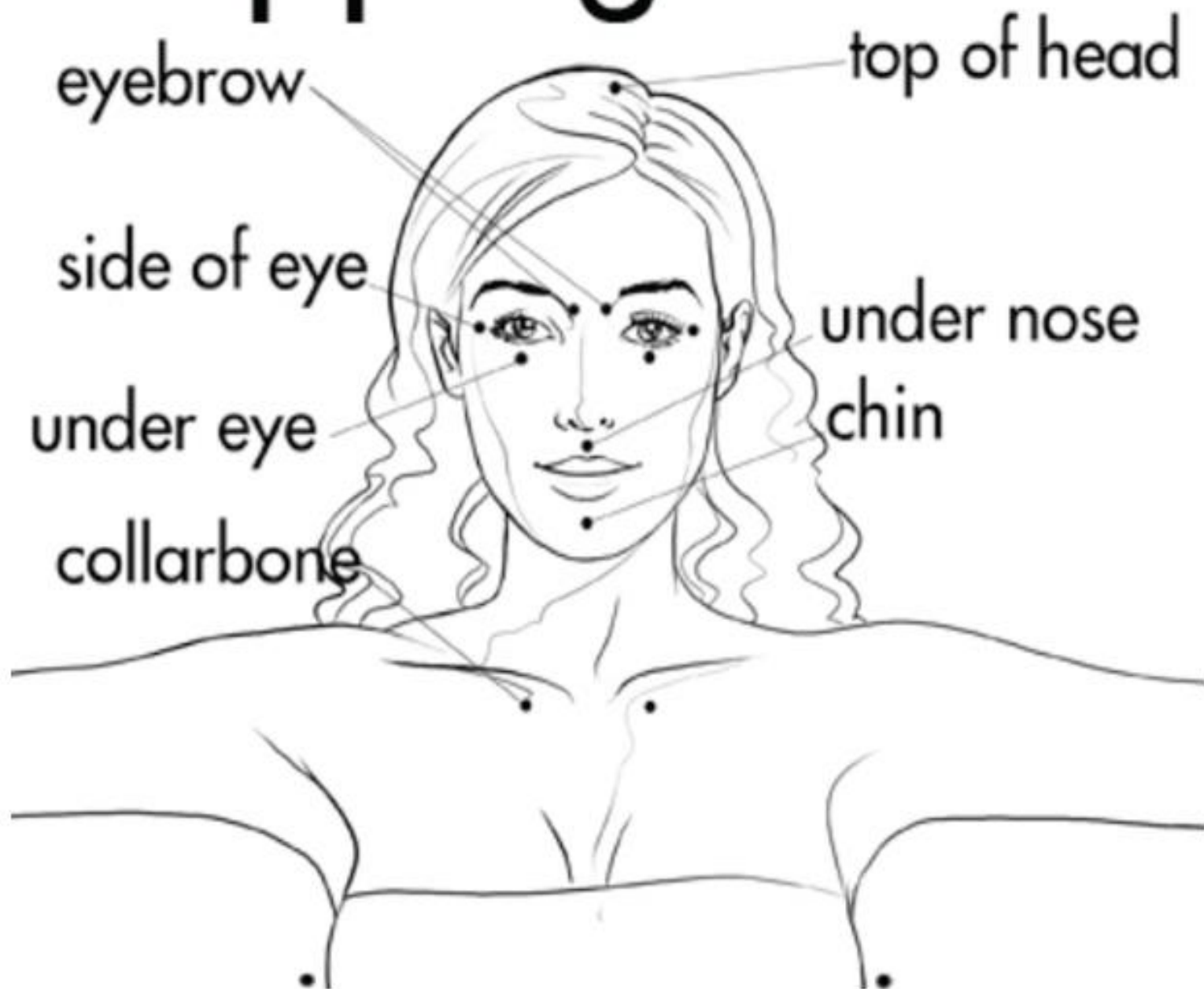


# Tapping Points



**Focus on Issue**

**Rate current 1-10**

(set GPS - Goal)

**Tap Karate Chop x3  
Issue & Acceptance**

**Tap - Speaking  
Honest Wording**

(Story - Change - Goal)

Crown

Eye Brow

Side of Eye

Under Eye

Under Nose

Under Lip

Collar Bone

Under Arm

**Deep Breath In...  
& Full Exhale**

**Check 1-10**