

**Identify**  
the issue you want to work on.  
Give it a **name**  
**Rate** it (0-10)

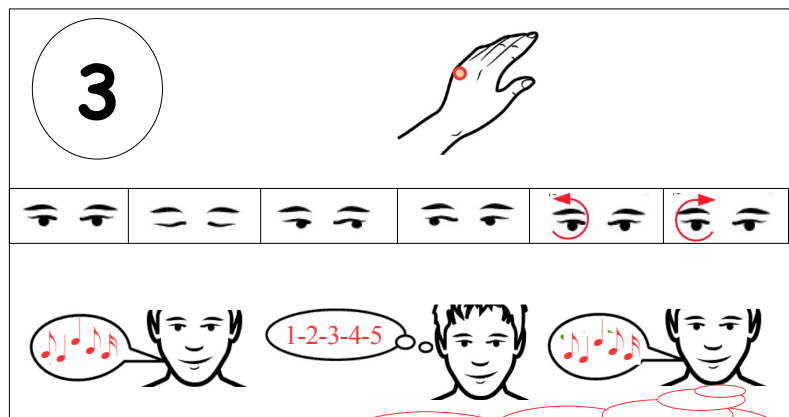
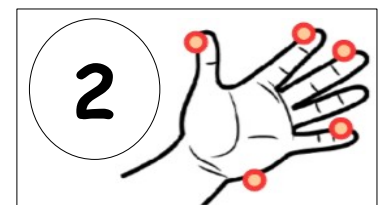
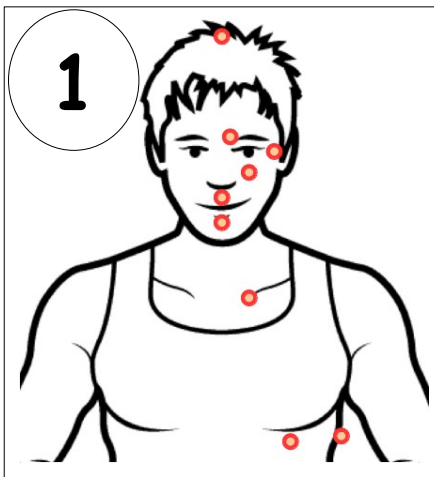


**SET-UP**  
(=PR= Psychological Reversal)  
*Even though I have "this issue",  
I completely love and accept myself.*

**Repeat 3 times**  
while tapping the Karate Chop point  
or massaging the sore spot.

**Re-rate your issue**  
Is it at 0? Get on to your next issue.  
Is it still between 1 & 10?  
Keep going! *Even though  
I still have "this remaining issue",  
I do completely love & accept myself.*  
reminder: "remaining issue"

**Use the Shortcut ①**  
**OR the full basic recipe ①②③①**  
repeating "*this issue*"  
as a **reminder phrase**  
on each point



Oh, and remember, this page is no use to you until you have had a detailed overview of the process, either by reading an EFT manual or by talking to an EFT professional.

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