

Fast. Easy. Effective.

Feel Better Fast Right Now



to Help Yourself*

1. **Place your hand** on your chest as shown.
2. **Breathe slowly** in and out, a few times.
3. **Focus** on your breath.
4. **When calmer**, start gently tapping about the problem or pain: "That was so scary," or, "This really hurts." Just one phrase.
5. **Repeat tapping** and breathing slowly, until you're more comfortable.
6. **Now you can** use your regular Tapping

to Help Another*

1. **Show them** hand on chest position.
2. **Lead them** in slow, gentle breathing.
3. **When calmer**, ask: "What's that like, now?"
4. **Lift a simple phrase** from their reply and reflect it back, while tapping: "That was scary," or, "That really hurt."
5. **Repeat gentle** tapping and breathing until they are more comfortable and less stressed.

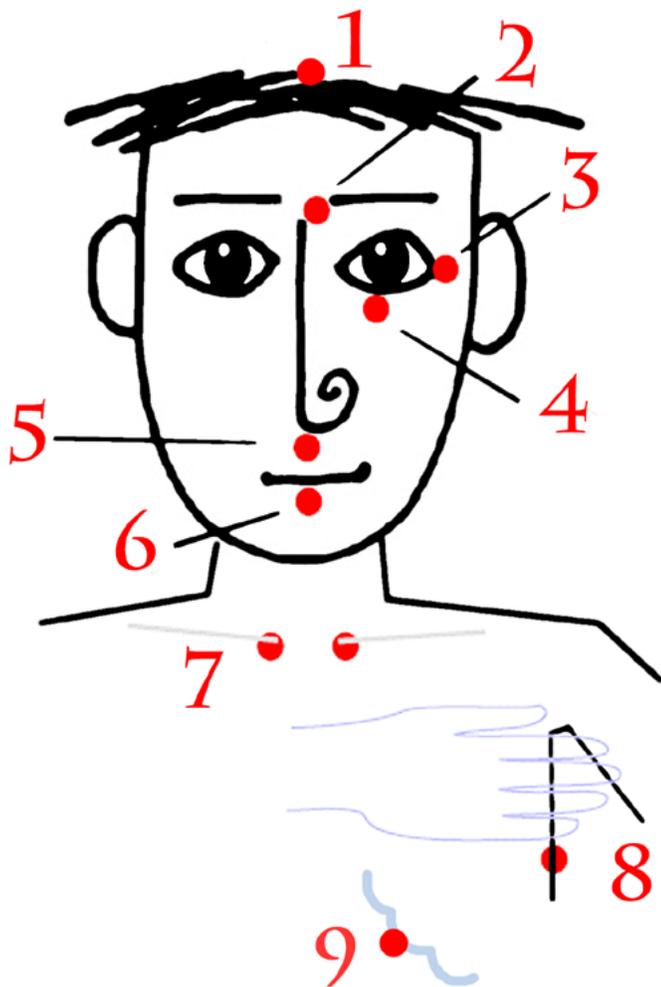


The People's Toolbox by
Jondi Whitis
The People's Teacher

* Always seek proper medical advice.
EFT is not intended as a substitute.

Fast. Easy. Effective.

Everyday Tapping for Everyone



TRY IT!

1. Focus on a problem, while tapping on the side of your hand, the Karate Chop Point, as shown below.



2. Now add a simple affirmation, such as:
"Even though I (have this problem), I want to accept myself anyway."

3. Repeat tapping and talking until you're really focused on what is bothering you.

4. Tap on the rest of the points.

5. Say the part of the problem that really bugs you, as you tap on the chart points: (Ex: 'He said ___' or 'When she ___'...)

6. Check in with yourself: Breathe and ask, "What is different about that, now?"

7. Repeat the process, using the new insights discovered, until the problem is more clear, less troubling, and you feel more resourceful.

Tapping, the People's Toolbox • Contact the People's Teacher, Jondi Whitis:

Jondi@EFT4Results.com • 347.967.6444