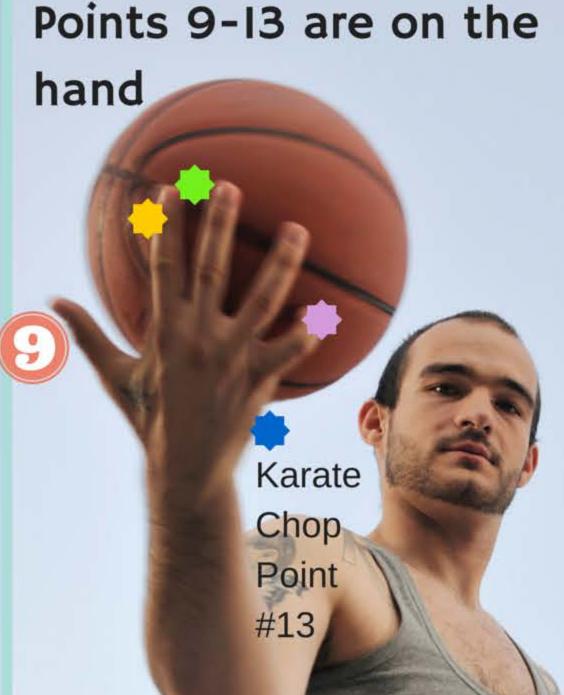


For more resources, check out www.ttn.org



- I) What would you like to be able to do? That's the Goal.
- 2) What thoughts or feelings might be getting in the way? That's the Energy Block.
- 3) Rate the Block, 0-10
- 4) Set-up: Tap Karate
  Chop Point while you
  repeat 3x "Even though I
  have this \_(block)\_ I
  completely accept myself."
- 5) Then tap points from head down through body and hand, while repeating the Reminder: "This
- \_\_\_\_(Block)\_\_\_\_"
- 6) Check it out: rate 0-10 Has it changed? If it's not 0, repeat 4&5, using "Even though I still have some of this \_\_\_\_, I completely accept myself". Add positive statements at the end.