

Energy Tapping for Performance

With EFT

Points 1-6 are on the head (see picture below)

Here's how you do it:



Points 9-13 are on the hand



1) 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.

For more resources, check out www.ttn.org