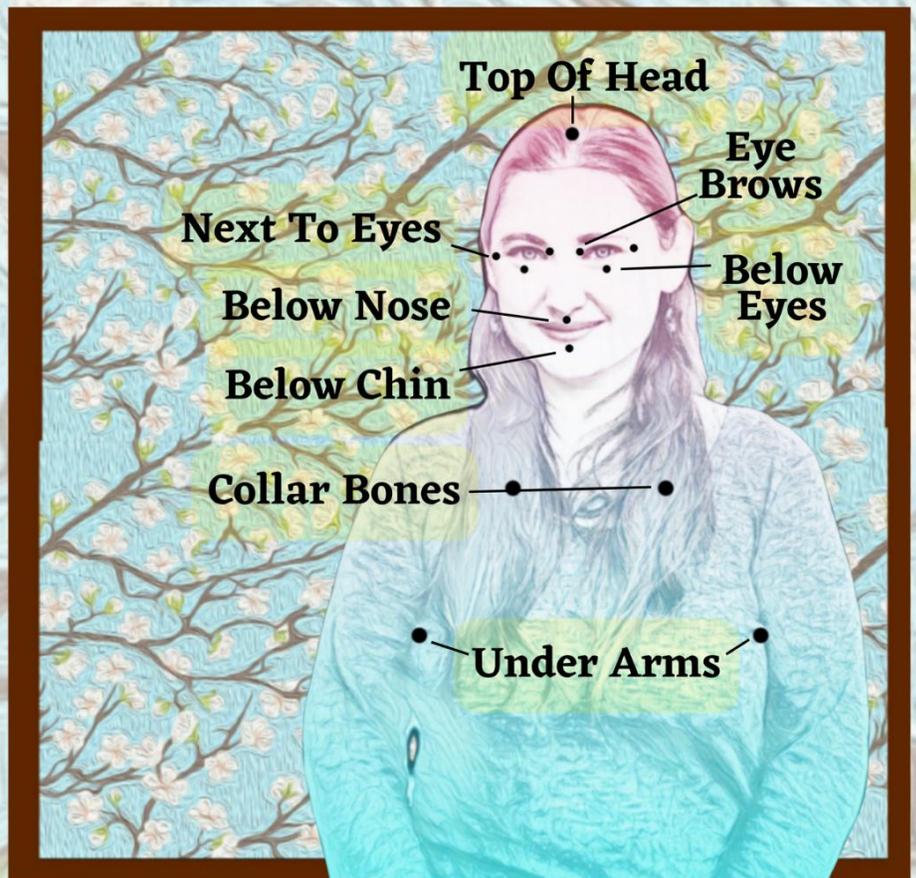


TAP ON THE SIDE OF YOUR HANDS ACKNOWLEDGING THE PROBLEM AND WHAT YOU WANT TO FEEL INSTEAD (ACCEPTANCE STATEMENT). REPEAT THIS THREE TIMES. THEN TAP THROUGH ALL OTHER POINTS FOCUSING ON THE NEGATIVE THOUGHT, BELIEF, OR PROBLEM. NOTICE HOW THEY SHIFT. THEN CONTINUE TAPPING ON THE POSITIVE REFRAMES YOU WANT TO FEEL TO REINFORCE YOUR NEW THOUGHTS AND FEELINGS.



EFT TAPPING POINTS WITH CANDICE

EVEN THOUGH I FEEL/THINK _____, I DEEPLY AND COMPLETELY LOVE MYSELF AND ACCEPT HOW I FEEL."

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