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Use 9 Gamut When 1-10 Intensity Reduces By Less Than 2 Points In 3-4 Rounds Of Tapping, And When 4 Or Less 1-10 Intensity Remains, But Without An Identifiable Reason. // Follow With Forward Eye Sweep, Lap To Ceiling & Back To Lap, If Remaining 1-10 Intensity Is 2 Or Less. 1th, 2024

Emotional Freedom Technique (Also Called EFT Or Tapping ...

Open Your Eyes Look Down Hard Right, Then Left Make A Circle With Your Eyes Going One Way And Then The Other Hum Briefly (preferable A Song) Count To 5 Out Loud Hum Briefly Again Now Repeat The Process By Going Back Up To Your Eyebrow, Tap On All The Spots And Back Down To Your Hand Repeating The Han 9th, 2024

Reminder Sheet For EFT Tapping Points - Healthy In Mind

- You Have To Be Specific About Each Aspect Of The Memory Or Feeling That You Are Tapping For.
- Treat Each Aspect Of A Memory Or Issue Separately, E.g. Anger

At Your Mother For Embarrassing You On Your 8th Birthday Would Be Treated Until Down To Zero, And Then Sadness That The Day Was Ruined, Etc. • Bring Each Aspect Down To Zero. 10th, 2024

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School Work. • Even Though I'm Nervous About Giving That Talk On Tuesday, I Choose To Be Calm And Confident 2. Positive Tapping Most People Only Tap When They Feel A Negative Feeling. But You Can Use Tapping For Positive Statements. It Is H 9th, 2024

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In 1962, Chiropractor Dr. George Goodhart, D.C. Began Using Manual Pressure On Acupuncture Points To Enhance Healing. Later, Psychiatrist, Dr. John Diamond, M.D. Had His Patients Say Positive Statements—now Popul 4th, 2024

FasterEFT Tapping Script - Faster EFT/Eutaptics

Faster Eft Tapping Script “The Quick Tap” Identify The Problem: Think About (or Recall) The Problem Or Event In Detail. (Notice The Emotions And Specific Images That Support The Problem). Really Associate (step Into The Memory, Imagine Yourself Really There, See What You Saw, Hear What You Heard And Feel What You Felt) ‘The Stronger YouFile Size: 235KB 10th, 2024

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EFT™ TAPPING PROCEDURE (The Basic Recipe)

Tap About 5X On Each Point #2...The Sequence #2 - SE #3 - UE #4 - UN #5 - CH #6 - CB #7 - UA #1 - EB #8 - TH #12 - KC #9 - IF #10 - MF #11 - LF. Title: EFT 7th, 2024

EFT™ (Emotional Freedom Techniques) SHORTCUT TAPPING ...

T H E S E T U P 2) Repeat Three Times: “Even Though I Have This Problem, I Deeply & Completely Accept Myself.” 3) While Continuously Tapping The “Karate Ch 5th, 2024

Example Tapping Scripts - Evidence Based EFT

Example Tapping Scripts Evidence Based EFT Dr Peta Stapleton LEGEND • KC - KARATE CHOP OR SIDE OF THE HAND • SE - SIDE OF EYE • UE - UNDER EYE • UN - UNDER NOSE • CH - CHIN • CB - COLLARBO 6th, 2024

Técnica De Liberación Emocional Por Golpeteo EFT Tapping

Este “regalo”, Incluyendo La Suposición De Que Debía Ser Un Signo De Los Dioses. Se Convirtió En Una Preciada Posesión Y Diversos Grupos De La Comunidad Tribal Tuvieron Peleas Por Su Culpa. Esto Causó Tanta Tensión Y Consternación Que Los Nativos, Finalmente, Llegaron A La Conclusión De Que Los Dioses 10th, 2024

EFT Tapping Points Chart

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EFT Tapping For Self-Care - Emotional Engine

Tapping For Self-Care EFT (Emotional Freedom Techniques) Can Help Us Calm Our Stress Responses And Self-regulate When We Need It Most. Tapping In Safe And Effective Ways Can Not Only Help Us Feel Better When We’re Having Difficulty, But Also Build Our Capacity ... 11th, 2024

EFT Tapping Chart - Reach Your Full Potential

EFT Tapping Chart . The Sequence 1. TUNE IN TO THE PROBLEM 2. THE ASSESSMENT Rate The Intensity Of Your Problem On A Scale Of 0-10, With 10 Being The Worst. 3. THE SETUP ... And Tap On The Sequence Of Points, Repeating The Reminder Phrase. 5. RE-ASSESSMENT Take A Deep Breath, Tune In To The Problem And Rate The 5th, 2024

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