

MAKE YOUR BAD OR HURT FEELINGS GO AWAY! STEP BY STEP

DO YOU HAVE BAD OR NASTY OR UGLY OR PAINFUL FEELINGS? ANGRY? AFRAID? LONELY? HURTING IN YOUR HEART?

WHEN I HAVE BAD FEELINGS I KNOW HOW TO MAKE MYSELF HAPPY! I'LL SHOW YOU HOW.

SUPPOSE I'M AFRAID OF HIGH PLACES...

**FIRST I TUNE IN TO THE BAD FEELING.**

I'LL IMAGINE I'M UP HIGH SOMEWHERE AND : SEE HOW I FEEL.

OKAY, I'M FEELING DIZZY AND AFRAID. MY HEART IS BEATING HARD. I FEEL I'M GOING TO FALL

**SECOND I READ MY FEELING THERMOMETER**

IF ZERO IS WHEN I FEEL OK...

AND TEN IS WHEN I FEEL REALLY, REALLY BAD...

WHAT NUMBER AM I AT NOW?

IN MY HEART OR TUMMY, WHAT NUMBER IS ON MY FEELING THERMOMETER?

OK, SO NOW I KNOW WHAT MY NUMBER IS. I WRITE IT DOWN TO REMEMBER IT.

NOW LET'S GET IT DOWN TO ZERO. IT'S NICE AND COOL THERE!

**THIRD I DO THE SETUP.**

THIS GETS MY BODY READY TO WORK ON MY OWN SPECIAL BAD OR HURTING FEELING.

I START TAPPING ON THE SIDE OF MY HAND, IT'S THE KARATE CHOP POINT.

WHILE TAPPING I SAY MY SETUP SENTENCE...

"EVEN THOUGH I HAVE THIS..."

FEAR OF HEIGHTS (THIS IS JUST AN EXAMPLE. YOU NEED TO SAY THE FEELING THAT YOU HAVE RIGHT NOW)

...I AM A REALLY GOOD KID" OR "I'M OK,"

REPEAT THIS THREE TIMES.

THIS SETUP SENTENCE IS VERY IMPORTANT. YOU NEED TO SAY YOUR OWN BAD FEELING

**FOURTH I DO THE POINTS**

I TAP ON THESE SPECIAL TAP-POINTS. WHILE I TAP I KEEP TUNING IN BY SAYING SOME WORDS THAT REMIND ME OF MY BAD OR HURTING FEELING.

TOP OF HEAD

EYEBROW

BESIDE EYE

UNDER EYE

UNDER NOSE

CHIN

COLLAR BONE

UNDER ARM

THIS FEAR OF HIGH PLACES

NOW I TAKE A DEEP BREATH AND TUNE IN TO THE BAD FEELING AGAIN. WHAT'S THE NUMBER ON THE FEELING THERMOMETER NOW?

THEN I REPEAT EVERYTHING AGAIN AND AGAIN UNTIL THE NUMBER BECOMES A ZERO. SIMPLE, HUM?

