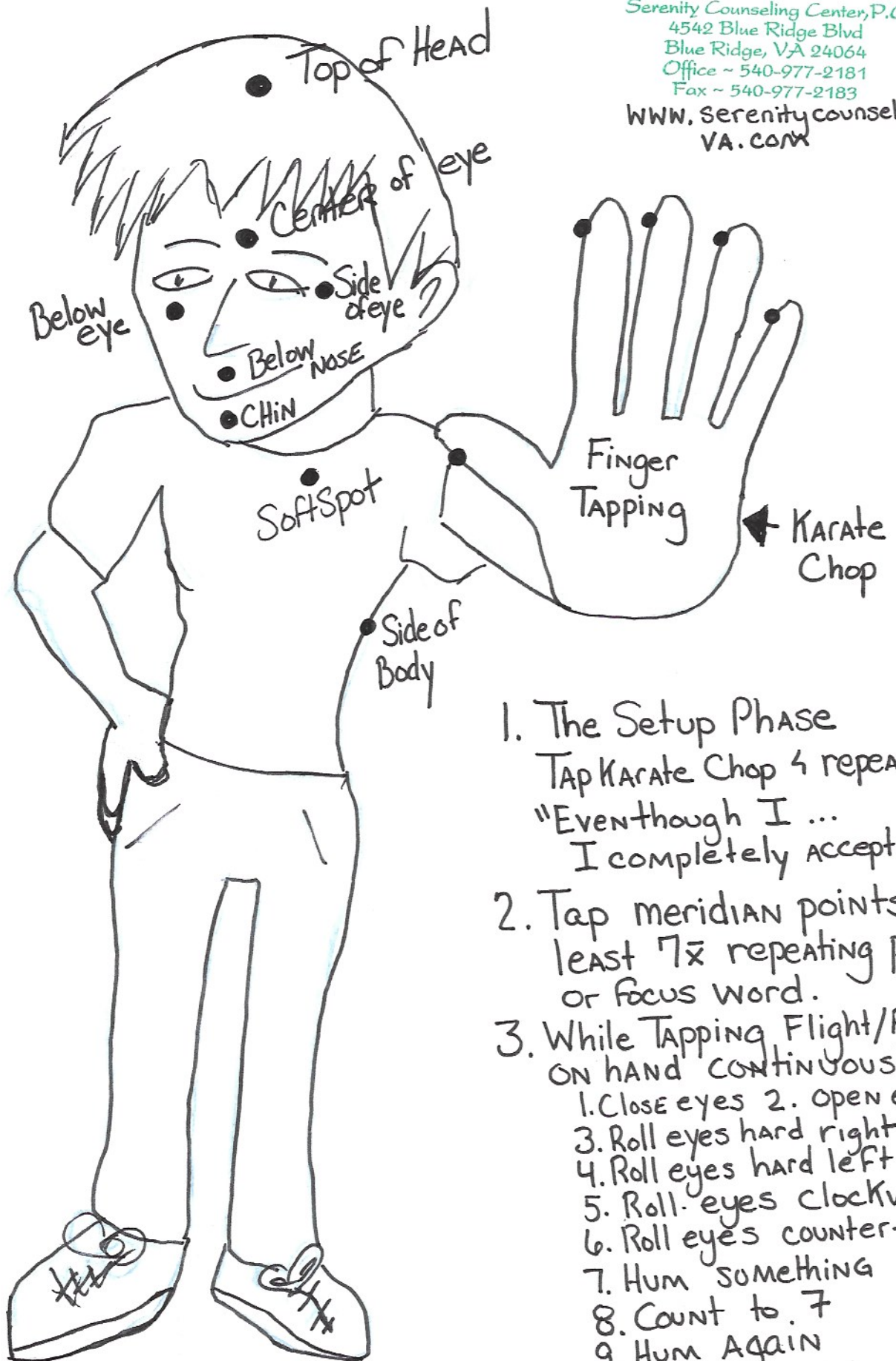


Serenity Counseling Center, P.C
4542 Blue Ridge Blvd
Blue Ridge, VA 24064
Office ~ 540-977-2181
Fax ~ 540-977-2183
WWW.SerenityCounselingCenter
VA.COM



1. The Setup Phase
Tap Karate Chop 4 repeat 3x
"Eventhough I ...
I completely accept myself"
2. Tap meridian points at least 7x repeating phrase or focus word.
3. While Tapping Flight/Fight spot ON HAND CONTINUOUSLY
 1. Close eyes
 2. Open eyes
 3. Roll eyes hard right down
 4. Roll eyes hard left down
 5. Roll eyes clockwise.
 6. Roll eyes counter-clockwise
 7. Hum something
 8. Count to 7
 9. Hum AGAIN
4. Tap Meridian points AGAIN