

Out of Fear *into* *Love*



Basic EFT – The three things to focus on when tapping by yourself are:

1. What is the emotion you are feeling?
2. Where do you feel it in your body?
3. What's the measurement out of 10?

Take a rating before tapping. Continue tapping until you reach 2 out of 10 or less

Once it lowers, if a thought pops into your head with another emotion continue on tapping on that until it clears.