

Short Instructions

1. Once a week look at the cards, one at a time.
2. Read the feeling statement aloud and estimate the intensity.
3. If the statement has some intensity place the card into a 'tapping pile'. Otherwise put it to one side.
4. Give each card in the tapping pile 2 rounds of EFT using the setup statements provided at least 3 times a day.
5. If the card 'loses it's intensity' after a few days put it aside.
6. At the end of a week review all the cards again.

I feel deprived

First setup

Even though I **feel deprived**, I'm alright, I'm OK.

First reminder phrase

Deprived

Second setup

Even though I **still feel deprived**, I'm alright, I'm OK.

Second reminder phrase

Remaining deprived feeling

I feel lonely

First setup

Even though I **feel lonely**, I'm alright, I'm OK.

First reminder phrase

Lonely

Second setup

Even though I **still feel lonely**, I'm alright, I'm OK.

Second reminder phrase

Remaining lonely feeling

I feel guilty

First setup

Even though I **feel guilty**, I'm alright, I'm OK.

First reminder phrase

guilty

Second setup

Even though I **still feel guilty**, I'm alright, I'm OK.

Second reminder phrase

Remaining guilty feeling

I feel frustrated

First setup

Even though I **feel frustrated**, I'm alright, I'm OK.

First reminder phrase

Frustrated

Second setup

Even though I **still feel frustrated**, I'm alright, I'm OK.

Second reminder phrase

Remaining frustrated feeling

I feel angry

First setup

Even though I **feel angry**, I'm alright, I'm OK.

First reminder phrase

Angry

Second setup

Even though I **still feel angry**, I'm alright, I'm OK.

Second reminder phrase

Remaining angry feelings

I feel anxious

First setup

Even though I **feel anxious**, I'm alright, I'm OK.

First reminder phrase

Anxious

Second setup

Even though I **still feel anxious**, I'm alright, I'm OK.

Second reminder phrase

Remaining anxious feeling

I feel afraid

First setup

Even though I **feel afraid**, I'm alright, I'm OK.

First reminder phrase

Afraid

Second setup

Even though I **still feel afraid**, I'm alright, I'm OK.

Second reminder phrase

Remaining afraid feeling

I feel ashamed

First setup

Even though I **feel ashamed**, I'm alright, I'm OK.

First reminder phrase

Ashamed

Second setup

Even though I **still feel ashamed**, I'm alright, I'm OK.

Second reminder phrase

Remaining ashamed feeling

I feel resentment

First setup

Even though I **feel resentment**, I'm alright, I'm OK.

First reminder phrase

Resentment

Second setup

Even though I **still feel resentment**, I'm alright, I'm OK.

Second reminder phrase

Remaining resentment

I feel envy

First setup

Even though I **feel envy**, I'm alright, I'm OK.

First reminder phrase

Envy

Second setup

Even though I **still feel envy**, I'm alright, I'm OK.

Second reminder phrase

Remaining envy

I feel jealous

First setup

Even though I **feel jealous**, I'm alright, I'm OK.

First reminder phrase

Jealous

Second setup

Even though I **still feel jealous**, I'm alright, I'm OK.

Second reminder phrase

Remaining jealous feeling

I feel vulnerable

First setup

Even though **I feel vulnerable**, I'm alright, I'm OK.

First reminder phrase

Vulnerable

Second setup

Even though **I still feel vulnerable**, I'm alright, I'm OK.

Second reminder phrase

Remaining vulnerable feeling

I feel empty

First setup

Even though **I feel empty**, I'm alright, I'm OK.

First reminder phrase

I feel empty

Second setup

Even though **I still feel empty**, I'm alright, I'm OK.

Second reminder phrase

Remaining empty feeling

I feel grief

First setup

Even though I **feel grief**, I'm alright, I'm OK.

First reminder phrase

Grief

Second setup

Even though I **still feel grief**, I'm alright, I'm OK.

Second reminder phrase

Remaining grief

I feel hurt

First setup

Even though I **feel hurt**, I'm alright, I'm OK.

First reminder phrase

Hurt

Second setup

Even though I **still feel hurt**, I'm alright, I'm OK.

Second reminder phrase

Remaining hurt feelings

I feel abandoned

First setup

Even though I **feel abandoned**, I'm alright, I'm OK.

First reminder phrase

Abandoned

Second setup

Even though I **still feel abandoned**, I'm alright, I'm OK.

Second reminder phrase

Remaining abandoned feeling

I feel overwhelmed

First setup

Even though I **feel overwhelmed**, I'm alright, I'm OK.

First reminder phrase

Overwhelmed

Second setup

Even though I **still feel overwhelmed**, I'm alright, I'm OK.

Second reminder phrase

Remaining overwhelmed feeling

I feel boxed in

First setup

Even though I **feel boxed in**, I'm alright, I'm OK.

First reminder phrase

Boxed in

Second setup

Even though I **still feel boxed in**, I'm alright, I'm OK.

Second reminder phrase

Remaining boxed in feeling

I feel stuck

First setup

Even though **I feel stuck**, I'm alright, I'm OK.

First reminder phrase

I feel stuck

Second setup

Even though **I still feel stuck**, I'm alright, I'm OK.

Second reminder phrase

Remaining stuck feeling

I feel invisible

First setup

Even though I **feel invisible**, I'm alright, I'm OK.

First reminder phrase

I feel invisible

Second setup

Even though I **still feel invisible**, I'm alright, I'm OK.

Second reminder phrase

Remaining feeling invisible

I feel tired

First setup

Even though I **feel tired**, I'm alright, I'm OK.

First reminder phrase

I feel tired

Second setup

Even though I **still feel tired**, I'm alright, I'm OK.

Second reminder phrase

Remaining tired feeling

I feel weak

First setup

Even though I **feel invisible**, I'm alright, I'm OK.

First reminder phrase

I feel invisible

Second setup

Even though I **still feel invisible**, I'm alright, I'm OK.

Second reminder phrase

Remaining feeling invisible

I feel wrong

First setup

Even though I **feel wrong**, I'm alright, I'm OK.

First reminder phrase

I feel wrong

Second setup

Even though I **still feel wrong**, I'm alright, I'm OK.

Second reminder phrase

Remaining feeling invisible

I feel defeated

First setup

Even though I **feel defeated**, I'm alright, I'm OK.

First reminder phrase

I feel defeated

Second setup

Even though I **still feel defeated**, I'm alright, I'm OK.

Second reminder phrase

Remaining defeated feeling

I feel betrayed

First setup

Even though I **feel betrayed**, I'm alright, I'm OK.

First reminder phrase

I feel betrayed

Second setup

Even though I **still feel betrayed**, I'm alright, I'm OK.

Second reminder phrase

Remaining betrayed feeling

I feel _____

First setup

Even though I **feel _____**, I'm alright, I'm OK.

First reminder phrase

Second setup

Even though I **still feel _____**, I'm alright, I'm OK.

Second reminder phrase

Remaining _____ feeling