

<p style="text-align: center;"><b>Short Instructions</b></p> <ol style="list-style-type: none"> <li>1. Once a week look at all the cards.</li> <li>2. Read each feeling statement aloud and estimate the intensity.</li> <li>3. If the statement has some intensity place the card into a 'tapping pile'. Otherwise put it to one side.</li> <li>4. Give each card in the tapping pile 2 rounds of EFT using the setup statements provided at least three times a day.</li> <li>5. If the card 'loses it's intensity' after a few days put it aside.</li> <li>6. Review all the cards weekly</li> </ol> <p>© Andy Hunt, <a href="http://www.practicalwellbeing.co.uk">www.practicalwellbeing.co.uk</a>, 2006</p>	<p style="text-align: center;"><b>I feel deprived</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel deprived, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Deprived</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel deprived, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining deprived feeling</b></p>
<p style="text-align: center;"><b>I feel envy</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel envy, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Envy</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel envy, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining envy</b></p>	<p style="text-align: center;"><b>I feel resentment</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel resentment, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Resentment</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel resentment, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining resentment</b></p>
<p style="text-align: center;"><b>I feel ashamed</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel ashamed, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Ashamed</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel ashamed, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining ashamed feeling</b></p>	<p style="text-align: center;"><b>I feel afraid</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel afraid, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Afraid</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel afraid, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining afraid feeling</b></p>
<p style="text-align: center;"><b>I feel anxious</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel anxious, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Anxious</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel anxious, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining anxious feeling</b></p>	<p style="text-align: center;"><b>I feel angry</b></p> <p style="text-align: center;"><i>First setup</i> Even though I feel angry, I'm alright, I'm OK.</p> <p style="text-align: center;"><i>First reminder phrase</i> <b>Angry</b></p> <p style="text-align: center;"><i>Second setup</i> Even though I still feel angry, I'm alright ...</p> <p style="text-align: center;"><i>Second reminder phrase</i> <b>Remaining angry feeling</b></p>

<p><b>I feel frustrated</b></p> <p><i>First setup</i> Even though I <b>feel frustrated</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Frustrated</b></p> <p><i>Second setup</i> Even though I <b>still feel frustrated</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining frustrated feeling</b></p>	<p><b>I feel guilty</b></p> <p><i>First setup</i> Even though I <b>feel guilty</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Guilty</b></p> <p><i>Second setup</i> Even though I <b>still feel guilty</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining guilty feeling</b></p>
<p><b>I feel lonely</b></p> <p><i>First setup</i> Even though I <b>feel lonely</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Lonely feeling</b></p> <p><i>Second setup</i> Even though I <b>still feel lonely</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining lonely feeling</b></p>	<p><b>I feel grief</b></p> <p><i>First setup</i> Even though I <b>feel grief</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Grief</b></p> <p><i>Second setup</i> Even though I <b>still feel grief</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining grief</b></p>
<p><b>I feel empty</b></p> <p><i>First setup</i> Even though I <b>feel empty</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Empty</b></p> <p><i>Second setup</i> Even though I <b>still feel empty</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining empty feeling</b></p>	<p><b>I feel vulnerable</b></p> <p><i>First setup</i> Even though I <b>feel vulnerable</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Vulnerable</b></p> <p><i>Second setup</i> Even though I <b>still feel vulnerable</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining vulnerable feeling</b></p>
<p><b>I feel jealous</b></p> <p><i>First setup</i> Even though I <b>feel anxious</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Anxious</b></p> <p><i>Second setup</i> Even though I <b>still feel anxious</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining anxious feeling</b></p>	<p><b>I feel invisible</b></p> <p><i>First setup</i> Even though I <b>feel invisible</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Invisible</b></p> <p><i>Second setup</i> Even though I <b>still feel invisible</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining feeling invisible</b></p>

<p><b>I feel overwhelmed</b></p> <p><i>First setup</i> Even though I <b>feel overwhelmed</b>, I'm alright ...</p> <p><i>First reminder phrase</i> <b>Overwhelmed</b></p> <p><i>Second setup</i> Even though I <b>still feel overwhelmed</b>, I'm ...</p> <p><i>Second reminder phrase</i> <b>Remaining overwhelmed feeling</b></p>	<p><b>I feel boxed in</b></p> <p><i>First setup</i> Even though I <b>feel boxed in</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Boxed in</b></p> <p><i>Second setup</i> Even though I <b>still feel boxed in</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining boxed in feeling</b></p>
<p><b>I feel stuck</b></p> <p><i>First setup</i> Even though I <b>feel stuck</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Lonely stuck</b></p> <p><i>Second setup</i> Even though I <b>still feel stuck</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining lonely feeling</b></p>	<p><b>I feel it's not fair</b></p> <p><i>First setup</i> Even though I <b>feel it's not fair</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>It's not fair</b></p> <p><i>Second setup</i> Even though I <b>still feel it's not fair</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining it's not fair feeling</b></p>
<p><b>I feel tired</b></p> <p><i>First setup</i> Even though I <b>feel tired</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Tired</b></p> <p><i>Second setup</i> Even though I <b>still feel tired</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining tired feeling</b></p>	<p><b>I feel weak</b></p> <p><i>First setup</i> Even though I <b>feel weak</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Weak</b></p> <p><i>Second setup</i> Even though I <b>still feel weak</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining weak feeling</b></p>
<p><b>I feel wrong</b></p> <p><i>First setup</i> Even though I <b>feel wrong</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> <b>Wrong</b></p> <p><i>Second setup</i> Even though I <b>still feel wrong</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining feeling wrong</b></p>	<p><b>I feel _____</b></p> <p><i>First setup</i> Even though I <b>feel _____</b>, I'm alright, I'm OK.</p> <p><i>First reminder phrase</i> _____</p> <p><i>Second setup</i> Even though I <b>still feel _____</b>, I'm alright ...</p> <p><i>Second reminder phrase</i> <b>Remaining _____ feeling</b></p>