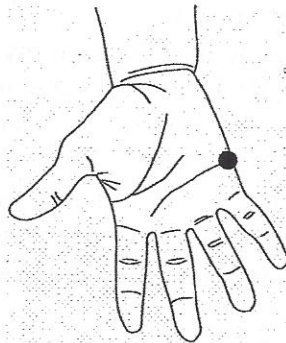


5-Minute Phobia Cure Technique

Step 1

Tap hand points while saying "_____ " Repeat this 3 times.



The 7 Deadly Fears

1. Failure
2. Not making a living
3. Loss of a loved one
4. Rejection of self or others
5. Illness or disease
6. Breaking authorities rules
7. Not being smart / good enough

Step 2

- a. Rate the problem on a scale from 0-10 (10 being the worst possible feeling).

Alternates:

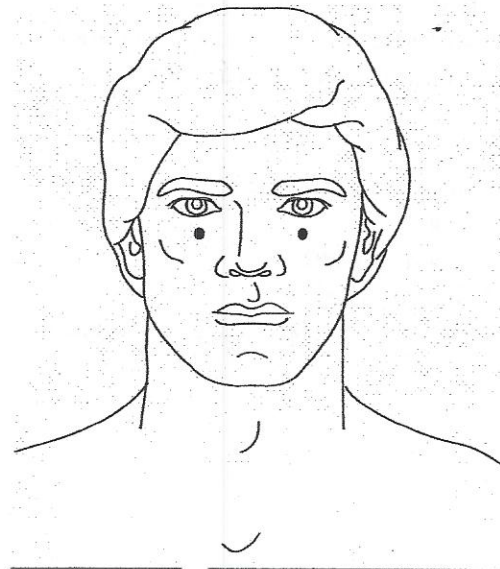
- Ice Cube (melts)
- Colors (color to clear/white)

- b. While thinking about the problem, tap under the eyes until the number reduces to 0.

Alternates:

- Ice Cube (melts)
- Colors (color to clear/white)

- c. If you can't get the number to go down, go back to step 1, and start over.



Assignment I

1. "God loves me."
2. "I totally and completely love myself."
3. "I totally and completely love myself when I forgive these people who have wronged me."
4. "I totally and completely forgive _____."

Father,

Mother,

Dr. that delivered me,

Anyone that you have perceived to have wronged you in any way

{ Myself Family
 Friends Others

Assignment II

Fill in the blanks with all of your perceived faults and failings!!!!

Treat the positive and negative statement (can / cannot, am / am not)

5. "I totally and completely love myself when: _____"
6. "I totally and completely forgive myself when: _____"
7. "God loves me when: _____"
8. "I am lovable when: _____"
9. "It's safe for others to love me when: _____"

Remember!

Begin tapping when:

You think/say, "That is easy for them, but it's hard for me!" or "That's hard for me!"