

GO EFT Tapping[©] - Tapping at home



Do like this:

- Focus on problem.
- Notice what's different in your body.
- How disturbing is it? (0-10)
- Tap 7-10 times on each point. (You may want to state your issue loud to get better effect)
- Breath deeply, 2 times: in through your nose, out through your mouth.
- Repeat as long as problem is diminishing.
- Enjoy some extra water today!
- Contact Sara if you get stuck!



GOLDEN OPPORTUNITY
Gamla Stockholmsv. 120
141 32 Huddinge, Sweden
www.GoldenOpportunity.se

CONTACT:
+46-70-65 63 120
Sara@GoldenOpportunity.se
[se.linkedin.com/in/sarabern](https://www.linkedin.com/in/sarabern)

Fingerpoint tapping



Do like this:

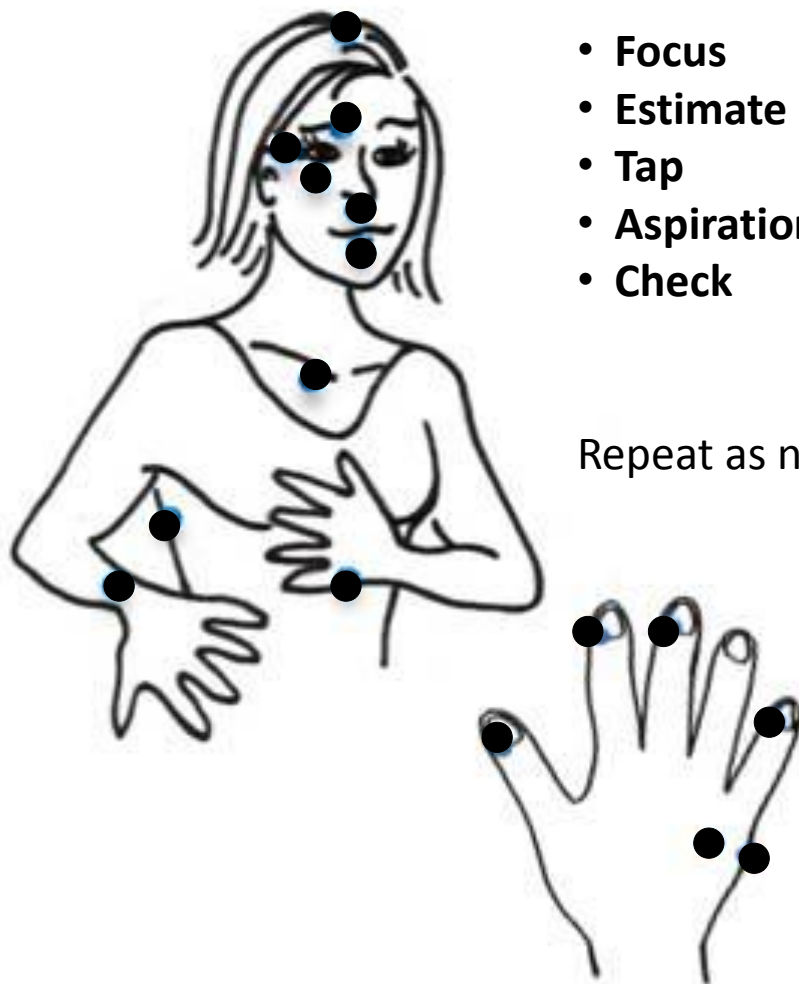
- Focus on problem.
- Notice what's different in your body.
- Tap 7-10 times on each finger-point, on the inside nail corner. (You may want to state your issue loud to get better effect)



- Breath deeply, 2 times:
in through your nose,
out through your mouth.
- Repeat as long as problem is diminishing.
- Enjoy some extra water today!
- Contact Sara if you get stuck!

GO Silent Tapping[®]

Efficient Stress Reduction



- **Focus** on your problem
- **Estimate** 0-10 or metaphor
- **Tap** ~15 per akupunkt
- **Aspiration** Ah!
- **Check** 0-10 or metaphor

Repeat as needed, at least twice.

More self help:
iPhone app:
GO EFT Tapping[®]



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[se.linkedin.com/in/sarabern](https://www.linkedin.com/in/sarabern)