

Emotional Freedom Technique

~ tapping a series of acupressure points on the face and upper body with two fingers, coupled with positive affirmations.

Tap + Talk Session



1. I am strong
(outer palm)

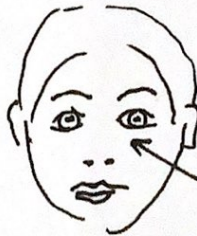
2. I am brave
(centre of head)



3. I have good ideas
(inner eyebrow)



4. I learn from my mistakes
(outer eye)



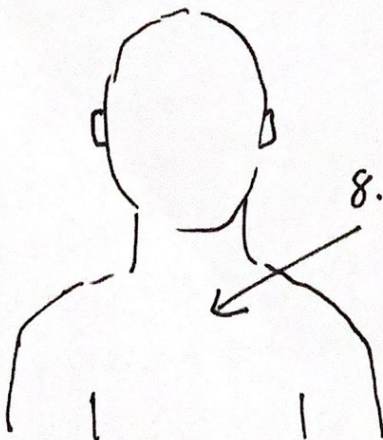
5. I am proud of myself
(below eye)



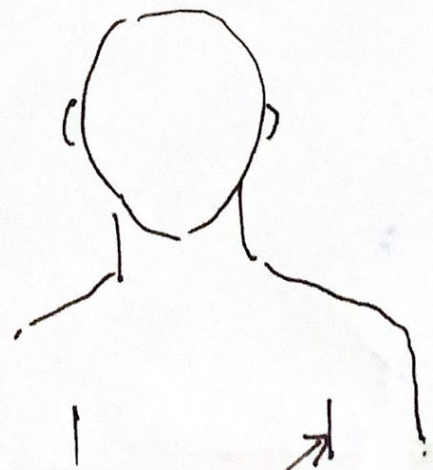
6. I am safe
(below nose)



7. I am cared for
(below chin)



8. I am a good listener
(below collarbone)



9. (below armpit) I am kind