

EFT for Kids

From the Video: “I Feel Stupid”

KARATE CHOP: **Even though I feel stupid, I’m still a great kid**
Even though I feel really stupid, I can forgive myself
Even though I feel really stupid, I know I’m a great kid

CROWN I feel stupid
BROW SALUTE feel stupid
LASER EYES feel really stupid
EYE-EYE really stupid
UNDER NOSE I feel stupid
CHINNY-CHIN stupid
TARZAN THUMP stupid
MONKEY ARMS stupid

UNDER NOSE: **I want to be over feeling so stupid**

CROWN I feel stupid
BROW SALUTE I messed up
LASER EYES I got it wrong
EYE-EYE I couldn’t do it right
UNDER NOSE I made a stupid mistake
CHINNY-CHIN it was a pretty stupid thing
TARZAN THUMP I did something stupid
MONKEY ARMS I said something stupid

UNDER NOSE: **I want to be Completely over feeling so stupid**

CROWN I’ve done some stupid things
BROW SALUTE I’ve said some stupid things
LASER EYES that make me feel stupid
EYE-EYE I don’t like feeling stupid
UNDER NOSE I don’t want to be stupid
CHINNY-CHIN it hurts when people laugh at me
TARZAN THUMP it hurts when they think I’m stupid
MONKEY ARMS I don’t want people to think I’m stupid

UNDER NOSE: **I will be Completely over feeling stupid**

CROWN people have said things that make me feel stupid
BROW SALUTE why call me stupid, it was just a mistake
LASER EYES everybody makes mistakes
EYE-EYE mistakes aren’t stupid, they’re normal
UNDER NOSE sometimes mistakes are silly and fun
CHINNY-CHIN the smartest person in the world makes mistakes
TARZAN THUMP I guess I’m not stupid afterall
MONKEY ARMS I’m a smart kid who makes mistakes