

# EFT for Kids

## From the Video: “I’m So Mad”

KARATE CHOP: **Even though I am so mad right now, I guess I’m still a good kid**  
**Even though I am so very very mad right now, I am still a great kid**  
**Even though I get so very mad sometimes, I know I’m still a great kid**

CROWN I’m just so mad  
BROW SALUTE I’m unbelievably mad  
LASER EYES So very mad  
EYE-EYE Really really mad  
UNDER NOSE So mad  
CHINNY-CHIN Very mad  
TARZAN THUMP I feel so mad  
MONKEY ARMS I have every right to be mad

UNDER NOSE: **I want to be over being so mad**  
CROWN I’m really very mad  
BROW SALUTE I have every right to be mad  
LASER EYES Of course I’m mad  
EYE-EYE Anyone would be mad  
UNDER NOSE It was rude and inconsiderate  
CHINNY-CHIN It didn’t feel good  
TARZAN THUMP Getting mad feels better than being hurt  
MONKEY ARMS Feeling mad makes me feel like I’m right

UNDER NOSE: **I want to be Completely over being so mad**  
CROWN I’m so mad  
BROW SALUTE Because it’s happened before  
LASER EYES Nothing I said or did  
EYE-EYE Made any difference  
UNDER NOSE I wanted it to stop  
CHINNY-CHIN But I had no control  
TARZAN THUMP No one would listen  
MONKEY ARMS And that makes me so mad

UNDER NOSE: **Somehow I will be Completely over being so mad**  
CROWN When I’m mad I want to punch  
BROW SALUTE I want to kick  
LASER EYES I scream and yell  
EYE-EYE I feel strong when I’m angry  
UNDER NOSE But I also feel out of control  
CHINNY-CHIN In a way I like to be angry  
TARZAN THUMP In many ways I don’t like being angry  
MONKEY ARMS I’m ready to let go of this anger