

EFT for Kids

From the Video: How To Tap “This Bad Feeling”

KARATE CHOP:	Even though I feel bad, I’m still a great kid Even though I feel kinda bad, I’m a pretty awesome kid Even though I feel pretty bad, I know I’m a special kid
CROWN	I feel bad
BROW SALUTE	Feeling bad
LASER EYES	I feel bad
EYE-EYE	I’m feeling bad
UNDER NOSE	These bad feelings
CHINNY-CHIN	I feel bad
TARZAN THUMP	I feel bad
MONKEY ARMS	These bad feelings inside me

UNDER NOSE: I want to be completely over this bad feeling

CROWN	This bad feeling
BROW SALUTE	All of this feeling
LASER EYES	This bad feeling
EYE-EYE	This feeling I have
UNDER NOSE	This feeling
CHINNY-CHIN	Feeling bad
TARZAN THUMP	But even with this feeling...
MONKEY ARMS	I’m a good kid!

UNDER NOSE: I will be completely over this bad feeling

CROWN	Bad feeling
BROW SALUTE	Feeling bad
LASER EYES	Don’t like this feeling
EYE-EYE	This bad feeling...
UNDER NOSE	is feeling better
CHINNY-CHIN	It’s starting to feel better
TARZAN THUMP	And I’m a great kid
MONKEY ARMS	A really super kid