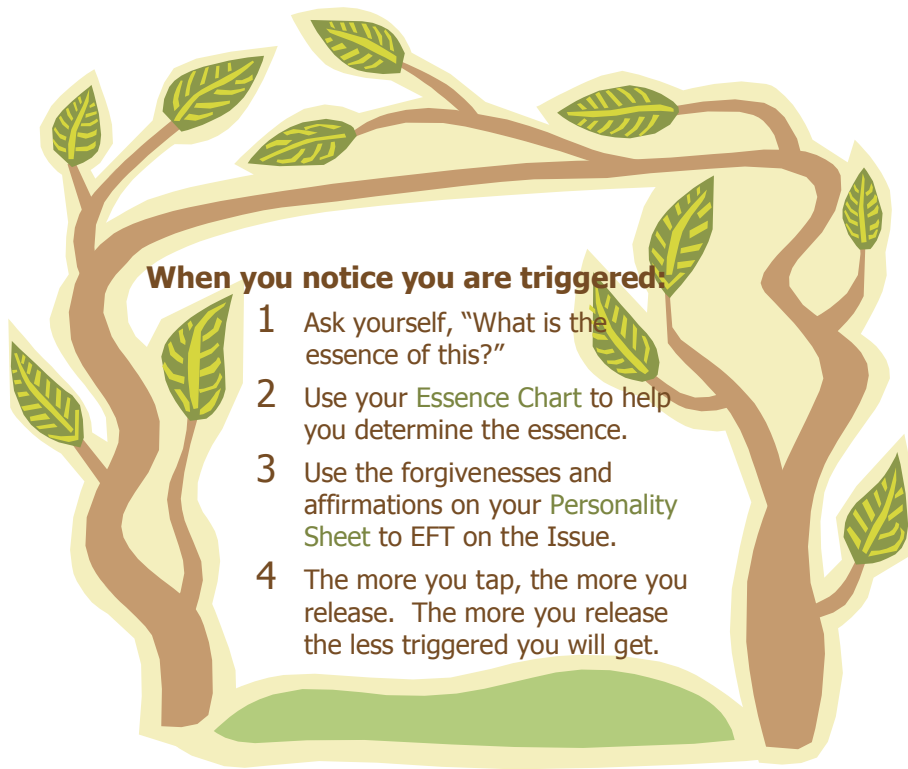


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- 1 Ask yourself, "What is the essence of this?"
- 2 Use your Essence Chart to help you determine the essence.
- 3 Use the forgivenesses and affirmations on your Personality Sheet to EFT on the Issue.
- 4 The more you tap, the more you release. The more you release the less triggered you will get.



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