

How To Use EFT with TappyBear™

1. Tap gently with your finger tips on the Karate-Chop spot (see the arrow pointing to the side of the hand) and say one of these phrases or something like it. These are just examples:

“Even though...

- I feel I don't belong
- I have trouble with my homework
- I'm really mad!
- Sometimes my friends don't like me
- I don't like to go to school
- I have scary dreams
- Sometimes I don't pay attention to the teacher
- I'm mad at my sister/brother
- I sometimes get into trouble
- I feel _____

...I am a really great kid!...I'm an awesome kid!”

2. Tap approximately 5-7 times (on yourself or the bear) on each of the EFT points shown while saying aloud the phrase you chose from above. Finish by tapping on the top of your head.





TappyBear™

All the Adorable Qualities
of a Teddy Bear
PLUS
EFT Tapping Points to Guide the
Release of Negative Emotions

Every Bear that leaves the TappyBear Academy
honestly declares to...

- 
- Love its owner
 - Change the world through love
 - Be cuddly and warm
 - Be a friend who's always there
 - Be faithful and loyal
 - Be kind to others
 - Be trustworthy and honest
 - Be understanding
 - Listen without blaming
 - Help friends and loved ones

My "Owner Friend" is: _____

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