

# DATE WITH POWER™

## 5 STEPS TO THE EFT (TAPPING) PROCESS

**\*\*\*If you are unfamiliar with the 9 tapping points, please refer to the Tapping Points Diagram before proceeding.**

**Step 1: Rate your level of emotional pain (e.g. anxiety, sadness, anger, frustration, etc.) that your limiting belief is causing you to feel. Use a scale of zero to 10 where:**

**0 = no emotional pain**

**10 = maximum emotional pain**

**Step 2: Create your Setup Statement and repeat it 3 times while tapping on the karate chop point. Your setup statement should sound something like this:**

*“Even though I believe (state whatever your limiting belief is), I deeply and completely accept myself.”*

**Example:**

*“Even though I believe I’m not good enough to attract the men I want, I deeply and completely accept myself”*

### **Step 3: The Release Phase**

**Tap on the remaining 8 points while focusing on your limiting belief and how it makes you feel.**

### **Step 4: The Transformation Phase**

**Once you've let go of the negative energy surrounding your belief, you can now transform it into a new belief that's more positive and empowering. Continue to tap on those 8 points while focusing on your new belief.**

**Step 5: Rate your level of emotional pain now that you've gone through the tapping process. Use the same scale of zero to 10 where:**

**0 = no emotional pain**

**10 = maximum emotional pain**

**Hopefully, your level of emotional pain is lower now than it was before you started tapping.**

**If it hasn't dropped to near zero, don't worry! It often takes more than one tapping session to fully bust a limiting belief, especially if you've held that belief for many years.**

**What's great about tapping is that your limiting belief will become progressively weaker with each tapping session you do. Thus, the more you tap, the weaker your belief will get until you reach the point when it no longer phases you. That's when you know you've achieved TRUE EMOTIONAL FREEDOM!**