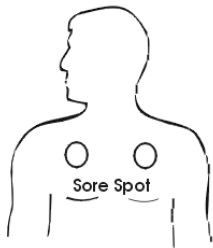


## The Sore Spot/ Karate Chop Point



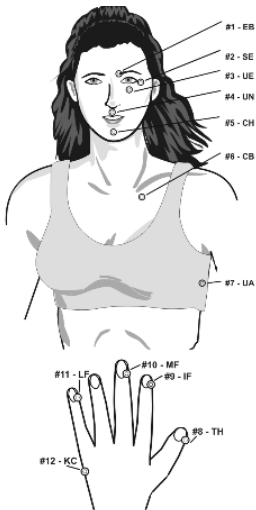
## The Setup

Assess the intensity 1-10  
Continuously rub either of the  
Sore Spots or tap the Karate  
Chop Point on either hand  
Repeat 3 times:

“Even though I have this  
\_\_\_\_\_ (problem) I deeply  
and completely love and  
accept myself.”

 **Group Health  
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of South Central Wisconsin



## The Sequence

Tap 5-7 times on each point with two fingers.

Repeat a reminder phrase of the issue or continue to talk about the issue.

Reassess the intensity 1-10 and repeat if necessary.

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