Thought Field Therapy

**Tapping for your Happiness!**

First

PR tapping for 15 times

When you are sad, upset, feared, anxious or angry,

While thinking about it, tap 5 times on each point.

- EYEBROW
- under EYE
- under ARM
- COLLARBONE
GUMUT 1. eyes **close**  2. eyes **open**  3. eyes down to **right**  4. down to **left**

5. **roll** eyes in a circle  6. **roll** eyes in a circle the other way around

7. **humming**  8. **count** to 5  9. **humming**

Again tap 5 times on each point.

**EYEBROW** under **EYE** under **ARM** **COLLARBONE**

Now I feel good!!!