

Patty Cats EFT Guide from Kids Can Tap Too!

Helping You Find the WORDS



Hi! I'm Patty Cat. My little friend, leBug and I, EFT tap to help us feel better when things happen that make us feel bad.

My friends in the KCT2 Forest want to do it too and asked me to show them how to use in a hurry in case they forgot what to do.



So, here are the
Magic Tapping Spots
and how to use them!

Remember...
Try It On Everything!

First:

Think about what you want to feel better about. Be as clear as you can. Write it down and *draw* it too (if you have time). Can you feel it somewhere in your body? Maybe you could write and draw about that too. Now rate it from 0 to 5 with 0 meaning it doesn't bother you at all and 5 is it's the worst it could ever be.



Paws to write and draw

Second:

Find your karate chop spot on the side of your hand.

Tap on that spot and say: “Even though (say what your problem is), I am a good kid.”

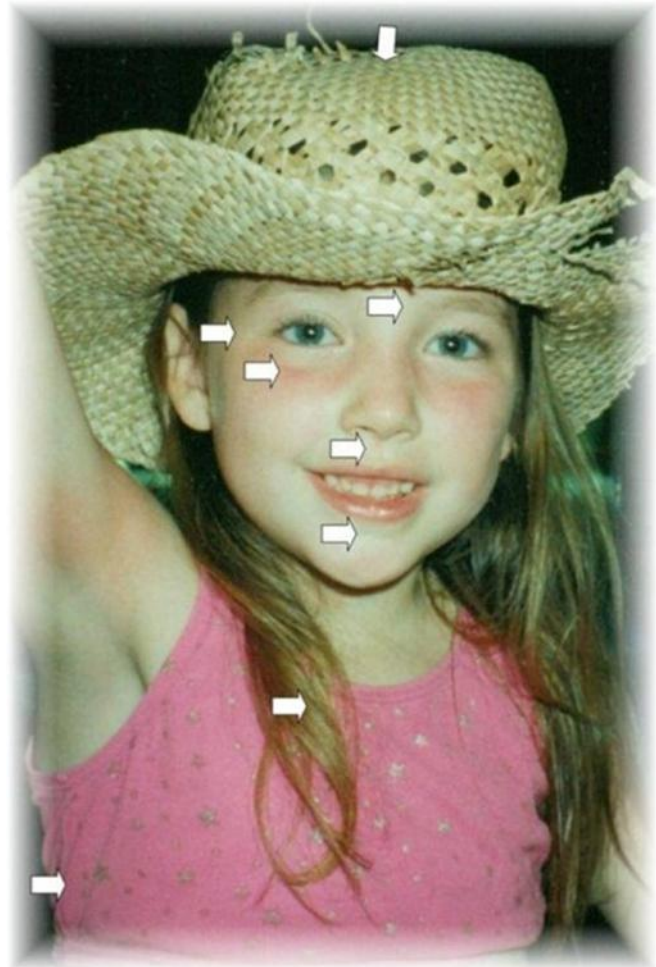
Repeat this 2 more times while tapping.



Paws to tap

Third:
Tap each of these spots about 7 to 10 times while saying “This Problem” at each spot.

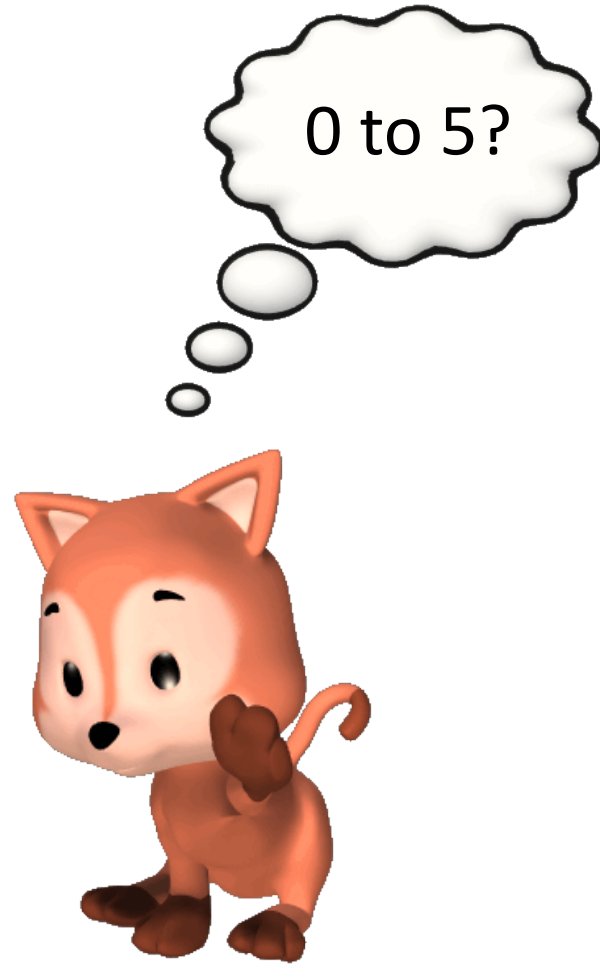
Repeat this step.



Paws to tap

Fourth:

Take a deep breath, relax and look at what you wrote down, your picture and the number you chose. Do you still feel that same way?

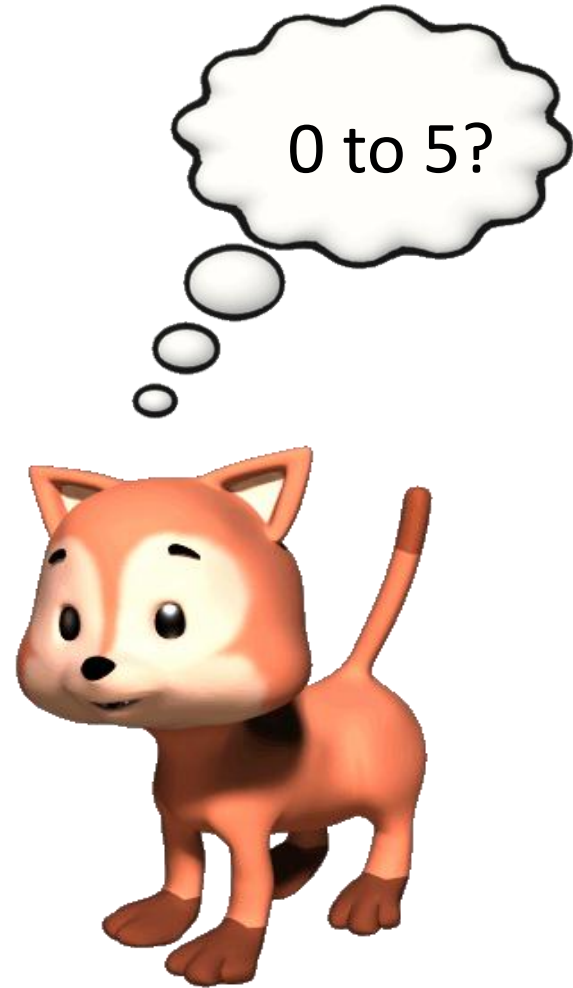


Paws to think about it.

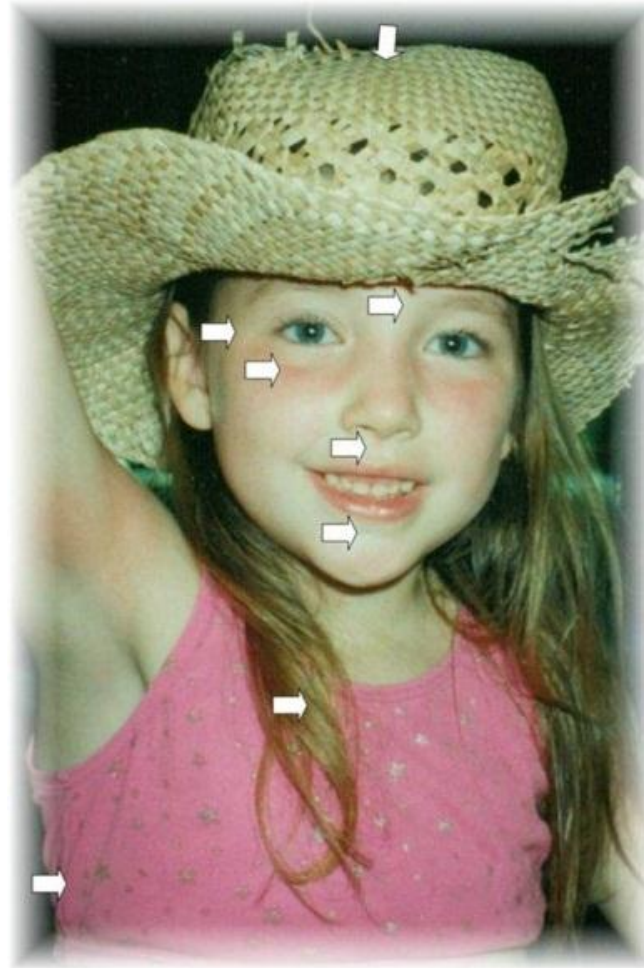
Fifth:
If the feeling hasn't changed, focus more clearly on *exactly* what is bothering you. For instance; Instead of "You spilled your milk." maybe it's "The way you *felt* when you spilled the milk all over yourself in front of everybody."



If it *has* changed, and you feel a little bit better, rerate the issue you are tapping on from 0 to 5.



Sixth:
Tap each magic spot
again, 7 to 10 times,
while saying “This
remaining problem.”

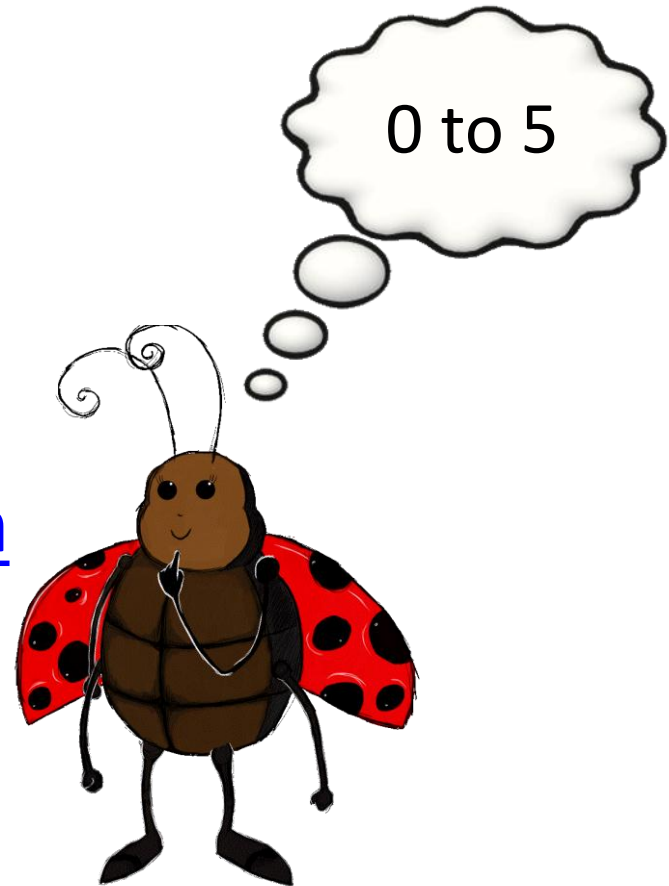


Paws now to tap these spots.

Seventh:

Repeat steps 4 and 5 as needed until the bad feeling goes away. Don't be afraid to ask for help from

bug@kidscantaptoo.com



Paws to tap



Happy Tapping and be sure to stop back regularly to www.kidscantaptoo.com for more adventures in the magic land of Kids Can Tap Too! (KCT2) Forest.



This is a simplified version of EFT designed for children. For more specific issue assistance, email Bug at bug@kidscantaptoo.com or go to www.kidscantaptoo.com and see if any of the I've Got Feelings! Games relate to the issue you are working on right now. New games are developing so stop in frequently.