

EFT On A Page Cheat Sheet – Migraine Edition

Reminder: Start EFT Tapping at first sign of symptoms.

Assess & note: SUDS, Character, Location of symptoms & create *shorthand description* for use while tapping.

Setup: Tap KC continuously while saying setup phrase 3x
“Even though {symptom description} I deeply and completely love and accept myself.”

While saying *shorthand description* reminder phrase tap about 7x on each spot while tapping through the sequence:

EB, SE, UE, UN, CH, CB, UA, Top.

Do 2+ rounds of tapping through the sequence, then reassess.

If Character & Location are the same but SUDS decreased:
do another round of taping with “this remaining”

- Setup 3x: “Even though I still have some of this remaining {symptom description} I deeply and completely love and Accept myself.”
- Reminder Phrase: This remaining {*shorthand description*}
- Do 2 or more rounds of tapping through the sequence & reassess.

If Character or Location changed, start again with Setup & new SUDS, Character, Location description. Tap through again.

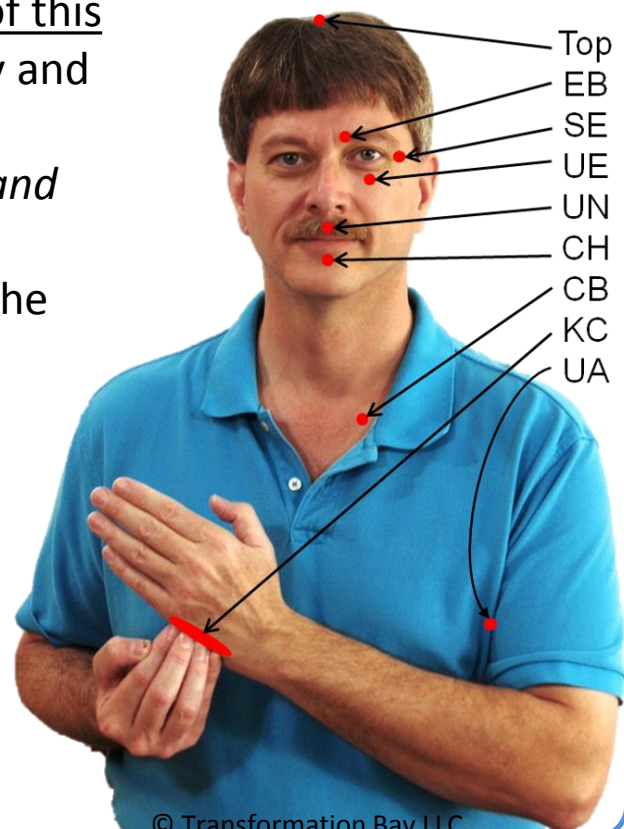
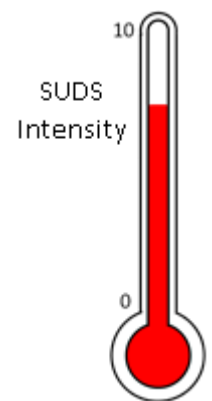
“Chase the pain” - Reassess & tap again on new SUDS, Character, & Location.

FAST
MIGRAINE
HEADACHE RELIEF
with
EFT Tapping



Brad Reed

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