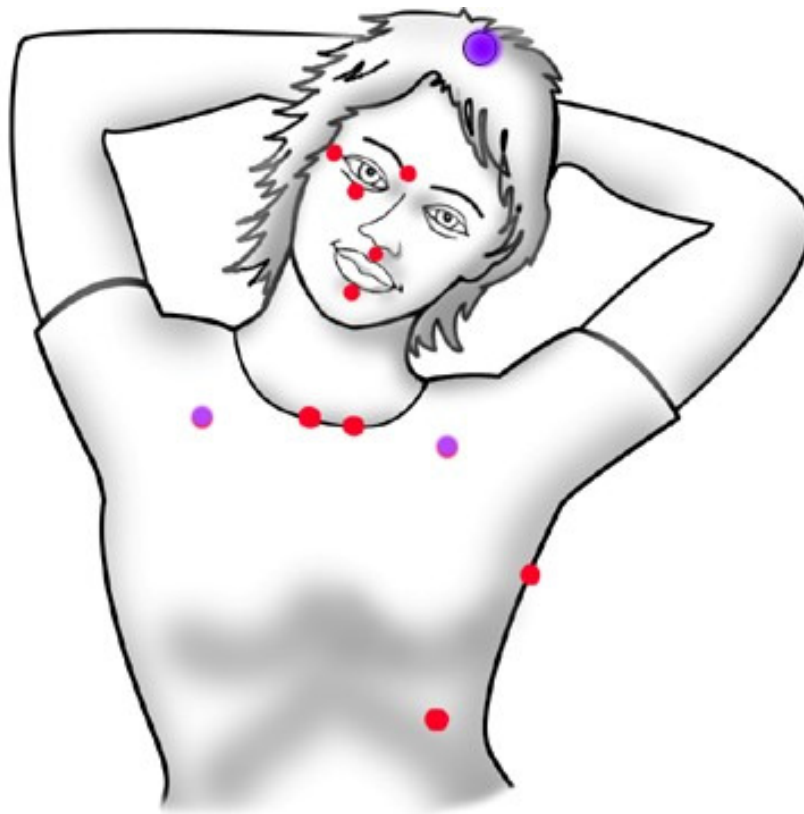


Start by rubbing the sore spot on your chest while you say the setup statement e.g. "Even though I'm scared of spiders I deeply and completely love and accept myself".



Then tap on these points about seven times each with a reminder phrase e.g "scared".