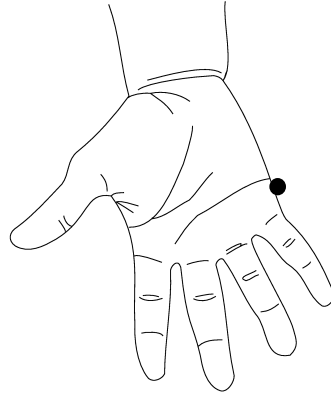


# Dynamic Thought Repatterning

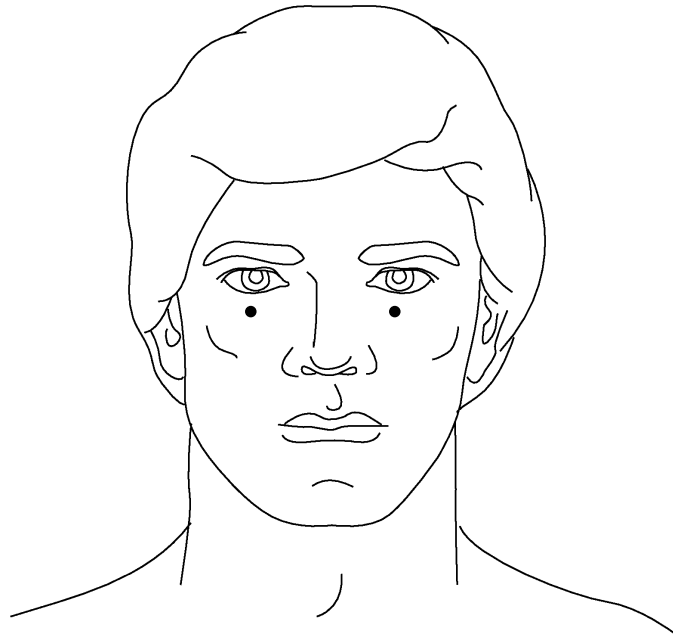
## Step 1

Tap hand points  
while saying  
“I love myself  
\_\_\_\_\_.”  
Repeat this 3 times.



## Step 2

- a. Rate the problem on a scale from 0-10 (10 being the worst possible feeling).
- b. While thinking about the problem, tap under the eyes until the number goes down to 0.
- c. If you can't get the number to go down, go back to step 1, and start over.



1. “God loves me.”
2. “I totally and completely love myself.”
3. “I totally and completely love myself even if I forgive those people who have wronged me.”
4. “I totally and completely forgive \_\_\_\_\_.”
  - Father,
  - Mother,
  - Dr. that delivered me,
  - Anyone that you have perceived to have wronged you in any way

Fill in the blanks with all of your perceived faults and failings!!!!

Treat the positive and negative statement ( can / cannot, am / am not)

5. “I totally and completely love myself even if: \_\_\_\_\_.”
6. “I totally and completely forgive myself even if: \_\_\_\_\_.”
7. “God loves me even if: \_\_\_\_\_.”
8. “I am lovable even if: \_\_\_\_\_.”
9. “It's safe for others to love me even if: \_\_\_\_\_.”