



Welcome To Your Very Own Your Tapping Sequence!

First of all, imagine the sweetest, sickliest, sugariest dessert/cake or chocolate that you can. OR your most favourite savoury food. So that you can really notice how strong that 'desire' sensation is in your solar plexus, just under your ribs. (It might feel like a little tickle, or like a 'pulling' sensation).

Give it a number from 1 - 10...10 being the highest...

Then tap through this first part of the sequence with the tips of your index and middle finger together for around 20 times each (You can do either side, whichever feels the most comfortable for you)::

1. Under your eye (just on the eye bone), then under your arm level with your chest, then at the top of your chest on a little dent in between your ribs (there's a little gap there)...

Then for the 2nd part of the sequence...

- Whilst tapping the dent in between the last 2 tendons on the back of your hand (just up from your ring finger and little finger)
- Close, then open your eyes, keeping your head as still as you can
- Look down to the left, then right, then left again.
- Roll your eyes all the way round one way, then back the other way.
- Then look down, up, then down again.
- Hum a couple of bars of Happy Birthday
- Count out loud from 1 - 5
- Then hum Happy Birthday again

Repeat number 1, and that's it!

You may have to repeat the whole sequence a couple of times for the intensity of the sensation to significantly decrease...the idea is that you can possibly tap right down to zero! But even a 2 or 3 is enough to give you control over that sugar urge.

If you want a little more guidance and help you can follow along with a video, and watch me demonstrate the technique on You Tube, copy this link here into your browser:

<https://youtu.be/UzjiWJXgRlc>

Enjoy! Lots of love, Bridgette x

If you've got any questions, then feel free to email me:

bridgette@breakthrough-weightloss.co.uk

There's more help on the website too:
www.breakthrough-weightloss.co.uk