

# FEAR

RESET

EFT TAPPING FOR KIDS

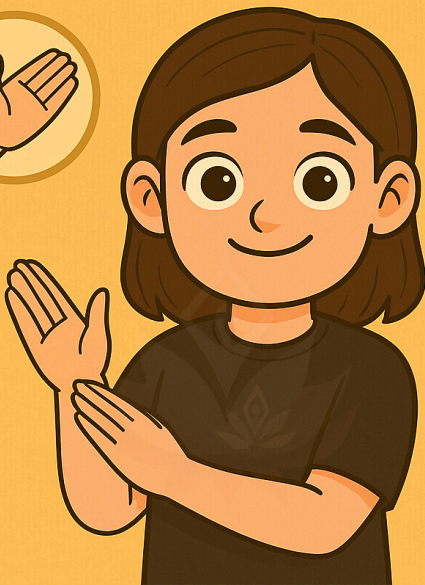
A SELF-HEALING PRACTICE TO  
RELEASE FEAR AND FEEL SAFE



by ANGEL DIMITROV

# KARATE CHOP

Side of your hand



**Even though I feel  
afraid... I am safe now.**

# TOP OF HEAD

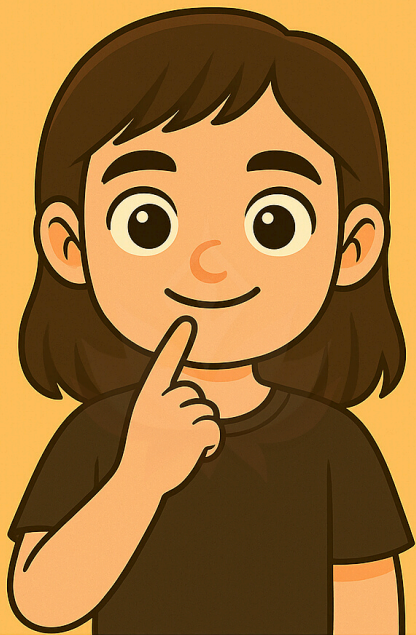
The crown of your head



I press pause.

# CHIN

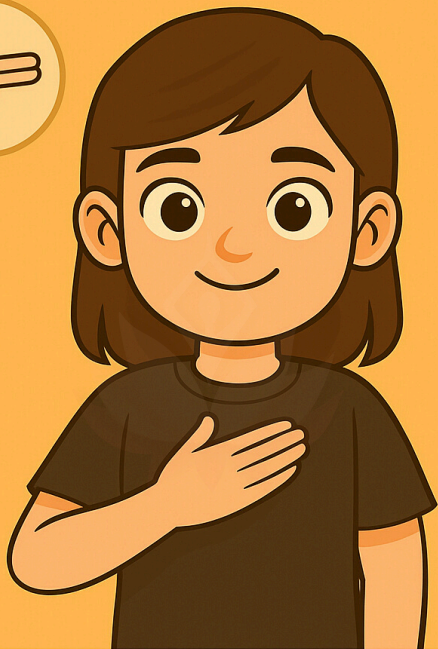
Below your bottom lip



**I'm still me...even  
when I feel scared.**

# THYMUS POINT

Center of your chest



**My heart is safe.  
I listen with love.**

# COLLARBONE

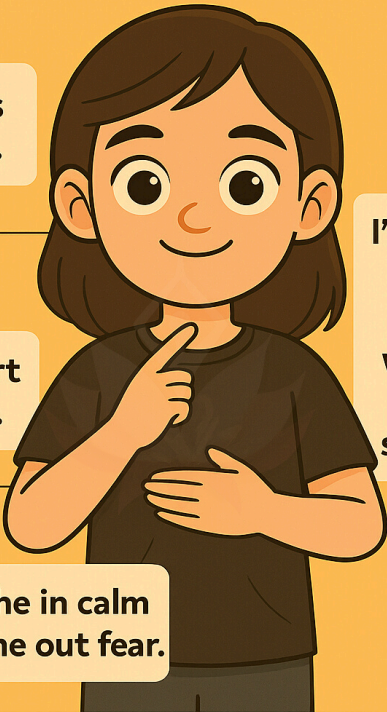
Below your collarbones



I breathe in calm...  
I breathe out fear.

# LET'S TAP TOGETHER!

Follow the full flow



I press  
pause.

My heart  
is safe.

I'm still  
me...  
even  
when I  
I feel  
scared.

I breathe in calm  
I breathe out fear.

I'm safe. I'm strong.  
I trust myself.



**The fear has been  
tapped.  
Now build safety that  
lasts.**

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