

Five Easy Steps to *Borrowing Benefits*



1. Identify a SIMPLE issue
 - ▶ **Simple issues are; Single-faceted, current and measurable** - pain, anger, frustration, stress...
 - ▶ **Complex issues are; Multi-faceted, chronic & hard-to-measure** such as... addictions, clutter, insomnia, procrastination, weight...
2. Write down your issue on paper
3. Give it an intensity rating from 10-1
4. Set aside your issue
5. Tap along with the facilitator

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