

Psychological Reversal 1 & 2

PR 1

Rub tender spots on the chest and say at least 3 times –

“I completely accept myself with all my problems, faults and limitations.”

PR 2

Tap above upper lip just below nose and say at least 3 times –

“Even though a part of me is afraid I’ll never get over this problem, I deeply and profoundly love, accept and respect myself.”