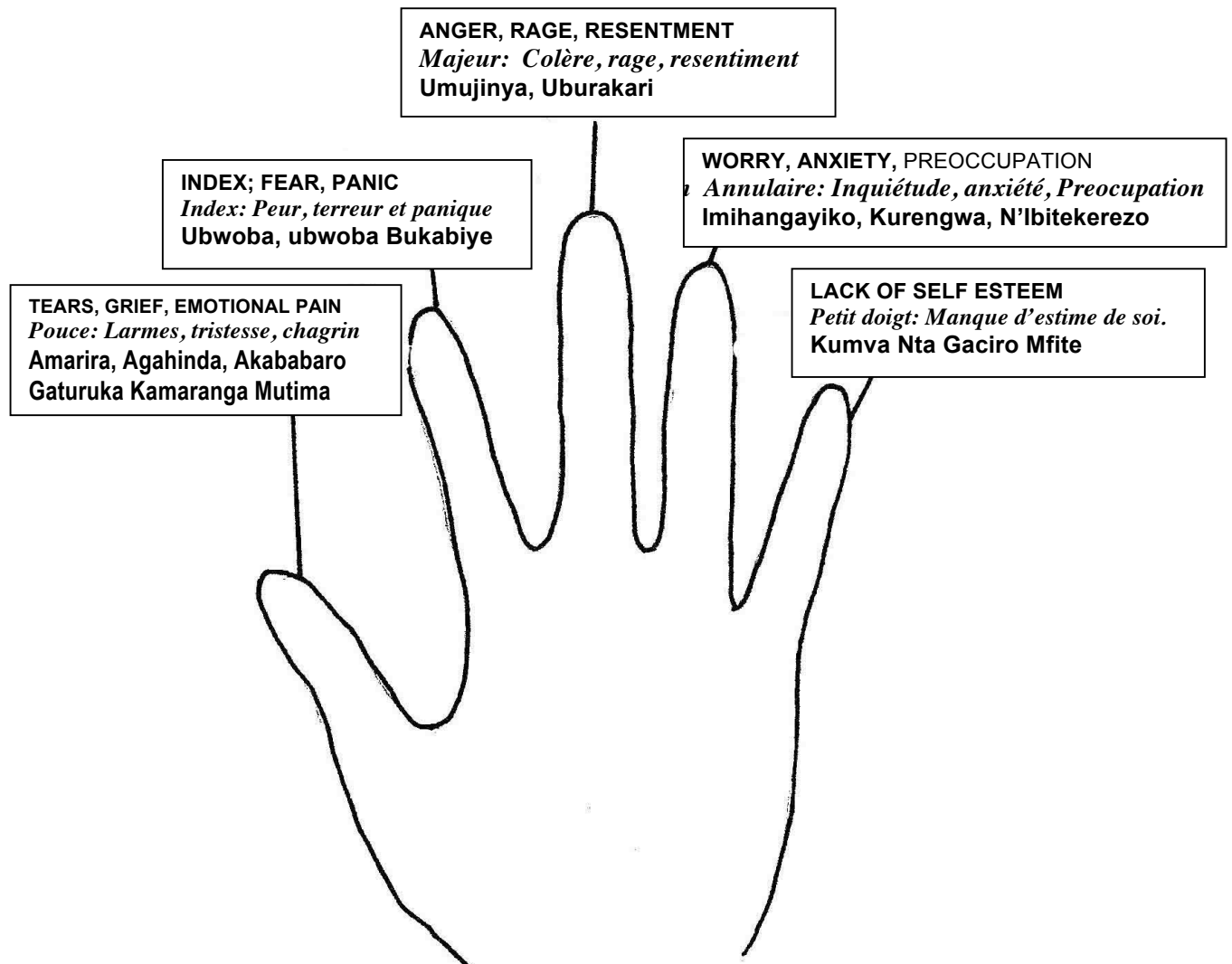


FINGERHOLDS TO MANAGE EMOTIONS

Gérer ses émotions en tenant les doigts

Gufata intoki kugirango usubize mu gitereko amaranga mutima



EMOTIONAL FREEDOM TECHNIQUE—EFT
EFT - Technique pour libérer des émotions
Uburyo Bwo Kubohora Amaranga Mutima

(Gary Crai, Ph.D., Gary Flint, Ph.D. Emotional Freedom Technique.)

Level of Anxiety 0 – 10

Niveau d'anxiété 0 – 10

Ikigereranyo cy'ihangayika 0 – 10



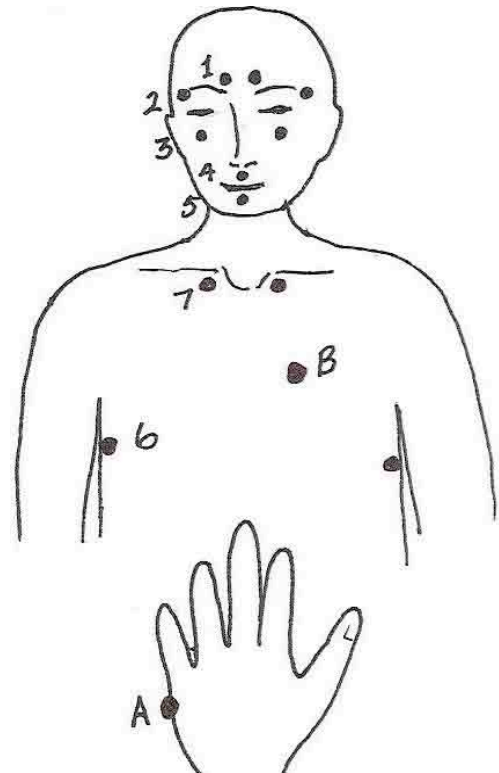
2. Points 1-7—Point 1-7—Ahantu 1-7

3. Point A—Point A—Ahantu A

"In spite of the fact I have this problem, I'm OK, I accept myself."

Malgré mon problème, je suis OK et je m'accepte tel/telle que je suis.

"NUBWO MFITE IKI KIBAZO MEZE NEZA NDIYAKIRA."



4. RUB SORE SPOT

Point Dououreux

AHANTU HABABARA