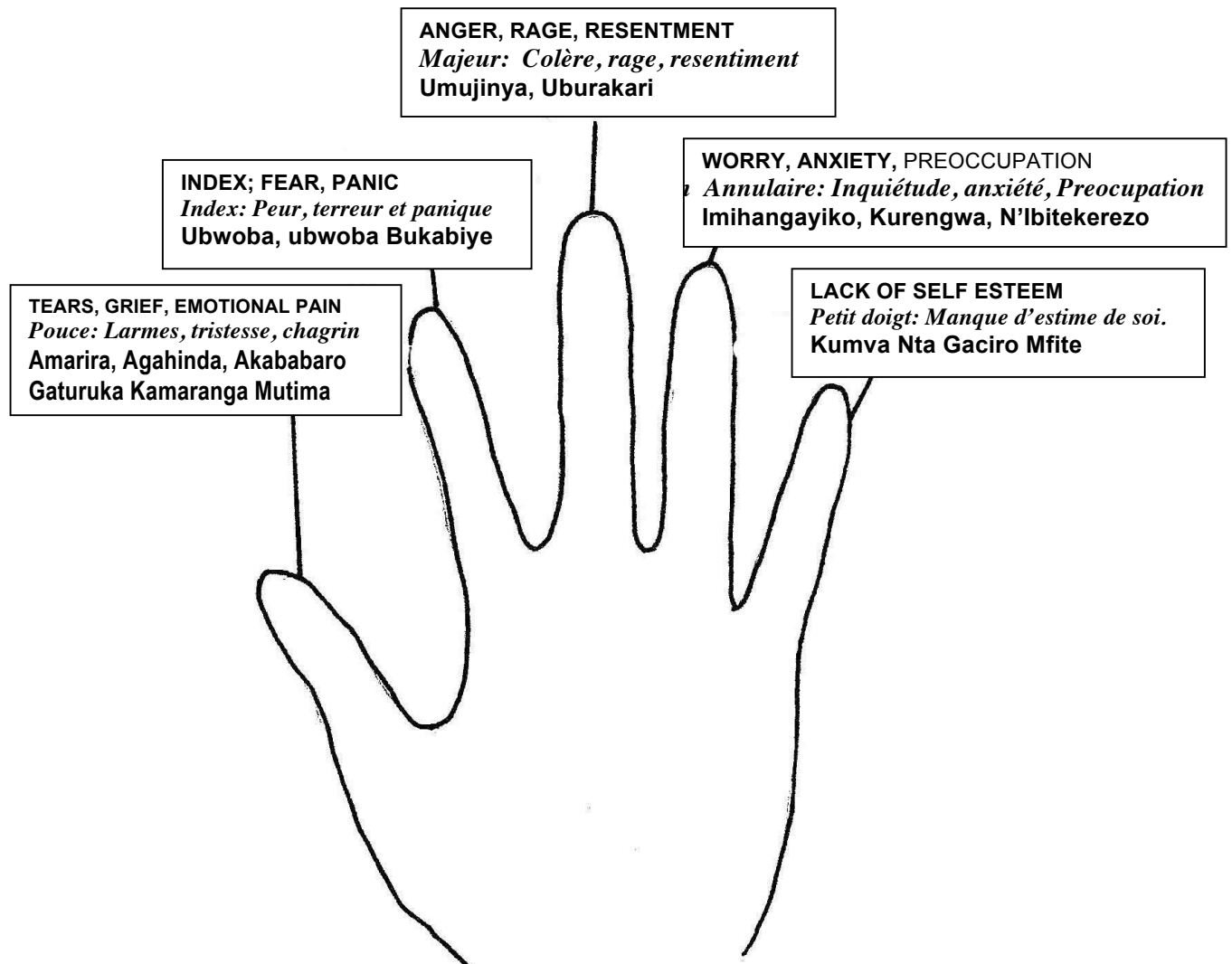


## FINGERHOLDS TO MANAGE EMOTIONS

*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



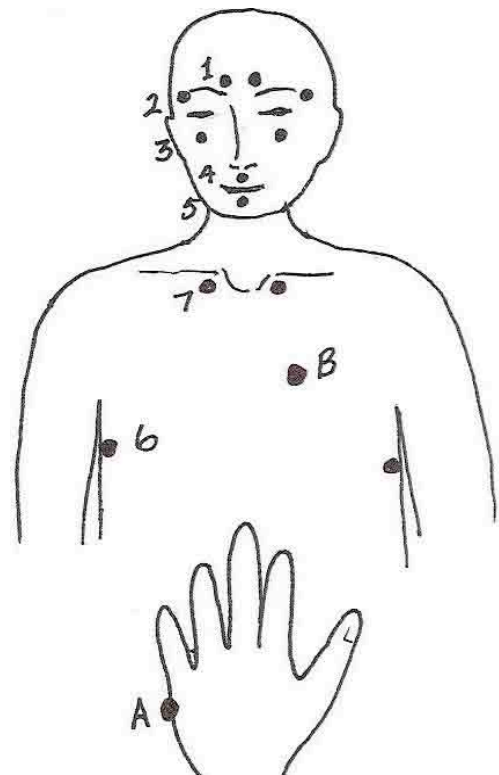
**2. Points 1-7—Point 1-7—Ahantu 1-7**

**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**