

EFT Tapping Points Diagram

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| 1. Karate Chop | 6. Chin |
| 2. Eyebrow | 7. Collar Bone |
| 3. Side of Eye | 8. Under Arm |
| 4. Under Eye | 9. Circle on Top of Head. Tap on crown, center and top of head with all 4 fingers on both hands. |
| 5. Under Nose | |

*Use two fingers to tap on each spot about 10 times before moving to next spot. If you do not tap on the exact spot, it is fine. The point with tapping is to distract the mind so it is open to new suggestions.

