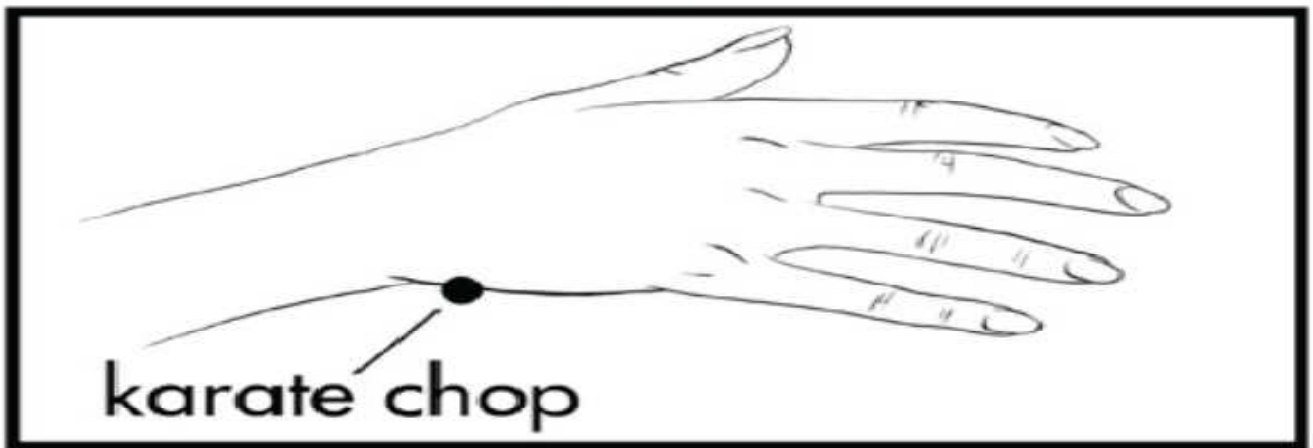
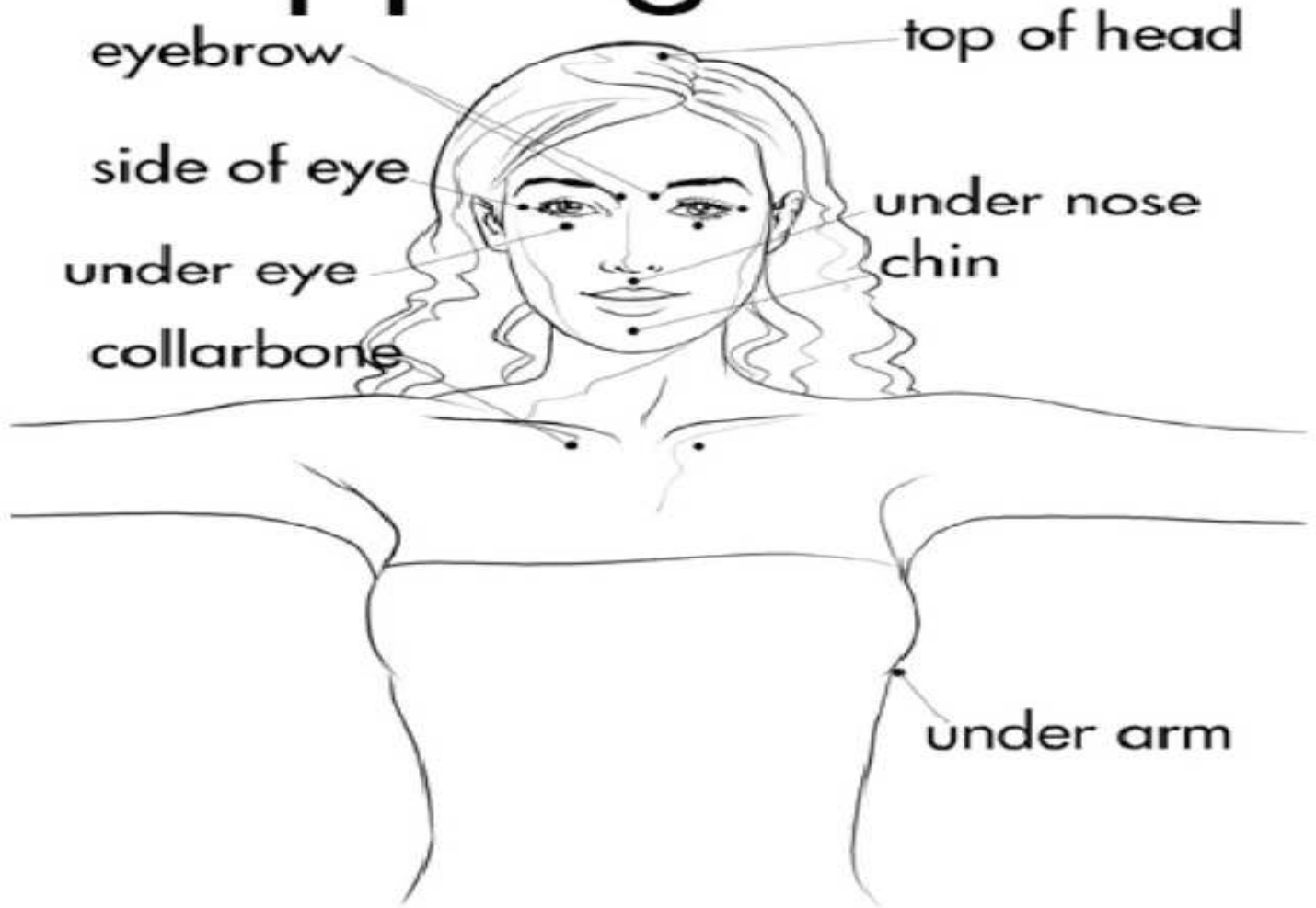




# Tapping Points





3. INNER EYE BROW

4. OUTER EYE

5. UNDER EYE  
(in line with pupil)

2. TOP OF HEAD

6. UNDER NOSE  
(above upper lip)

7. CHIN  
(above chin crease)

8. COLLAR BONES

TENDER SPOT

4" under armpit



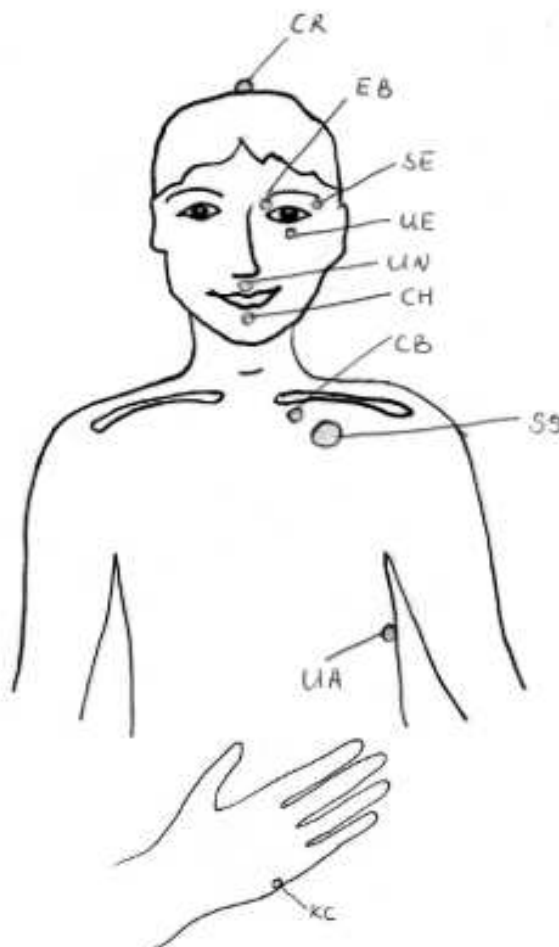
## The EFT (Emotional Freedom Technique) explained plus tapping points and how to find them - on a page.

### A. Identify

When you know the issue you want work on rate it's intensity on a scale 0 – 10, 10 being the most intense.

### B. The Set-up

You can rub the sore spot (SS) or tap on the karate chop point. Say "Even though (insert your issue, e.g. I have this headache) I deeply and completely love and accept myself. Say this three times.



### C. The seven points

Tap at least seven times (not too many more) on the points EB to CR, avoiding SS and KC (you've tapped on these in the set-up).

### D. Repeat the phrase

Repeat the phrase you inserted as you tap on each of the seven points, e.g I have this headache (or simply – this headache).

### Location of the EFT tapping points

- EB – Eyebrow Point** – Where the eyebrow starts, above the bridge of the nose.
- SE – Side of the Eye Point** – Edge of the bone, side of the eye.
- UE – Under the Eye Point** – Edge of the bone directly under the pupil.
- UN – Under the Nose Point** – In the groove above upper lip under the nose.
- Ch – The Chin Point** - Depression between the lower lip and the chin.
- CB – The Collarbone Point** – Under the collarbone. In the groove where collarbone meets the first rib.
- UA – Under the Arm Point** – Place open hand under the arm, four fingers widths down, point is under hand in line with the centre of the armpit.
- SS – The Sore Spot** – Three inches down and three inches across from 'U' shape at the top of the sternum. Used only in the set up. (see above).
- KC – The Karate Chop Point** – Located at the centre of the fleshy part of the hand (tap with all four fingertips of tapping hand).

Tap gently on the points with the tips of the index and middle fingers (see separate tapping instructions for KC and SS).



# EFT™ (Emotional Freedom Techniques) SHORTCUT TAPPING PROCEDURE

THE SETUP

- 1) Focus on a SPECIFIC Issue, and rate the intensity on a 0-10 scale.
- 2) Repeat Three Times:  
*“Even though I have this problem, I deeply & completely accept myself.”*
- 3) While continuously tapping the “Karate Chop” point.



SEQUENCE

- 4) Tap about 5X on each point while repeating “This Problem.”

