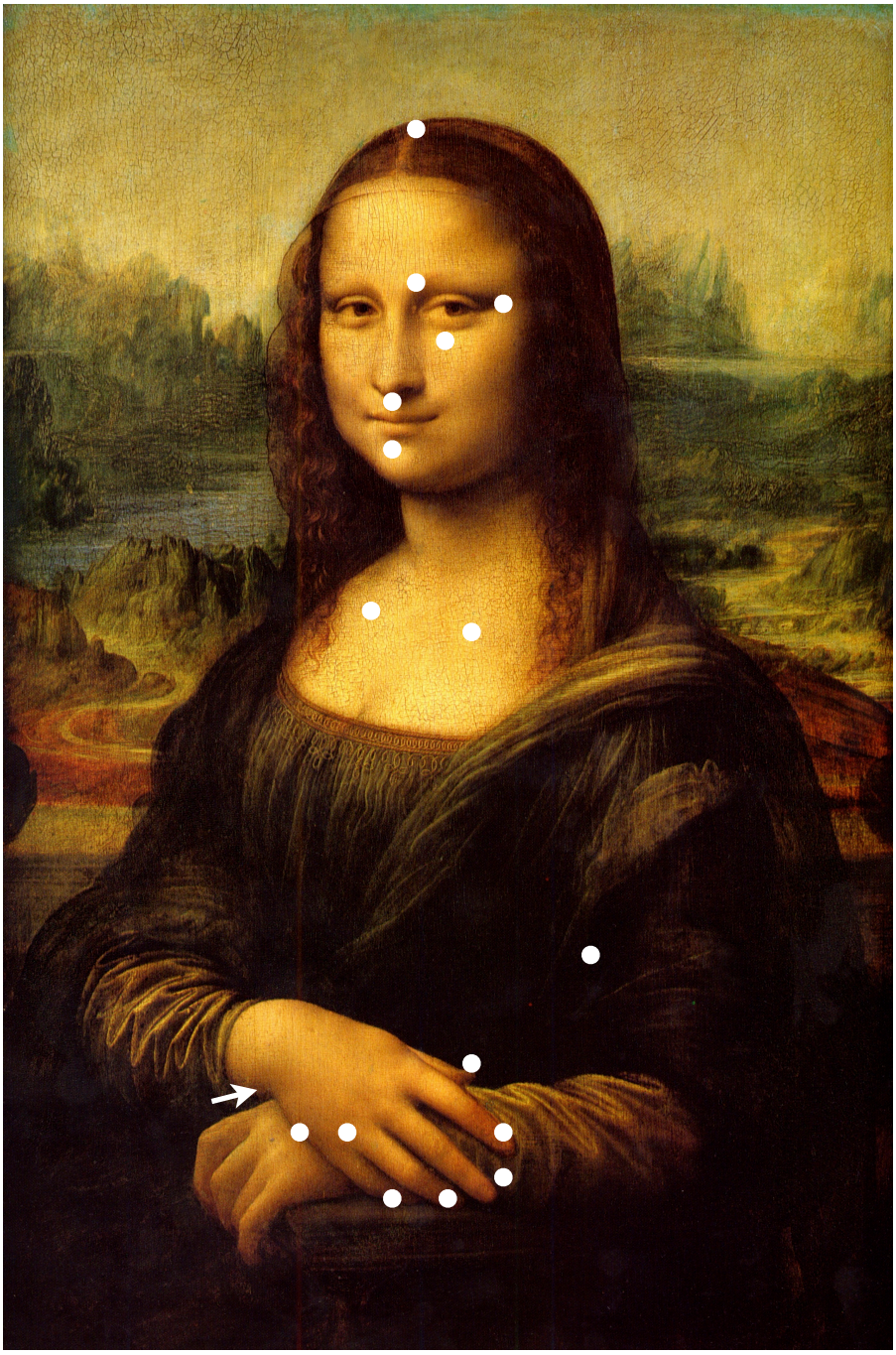
EFT - The Tapping Points



<u>Begin with:</u>
Karate Chop
(side of hand)

<u>Then tap the following:</u>
Top of Head
Beginning of Eyebrow
Side of Eye
Under Eye
Under Nose
Chin Spot
Collarbone (just under)
Under Arm

<u>Can continue with:</u>
Gamut Spot (top of hand)
Finger Points
Inside Wrist

from Betty Moore-Hafter, www.CreativeEFT.com