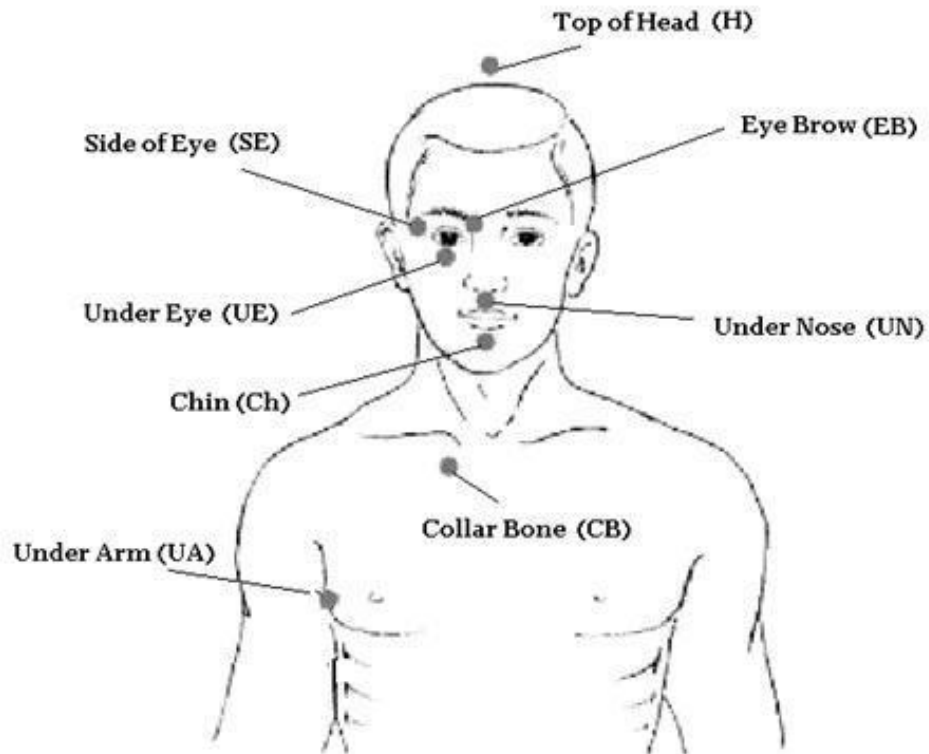
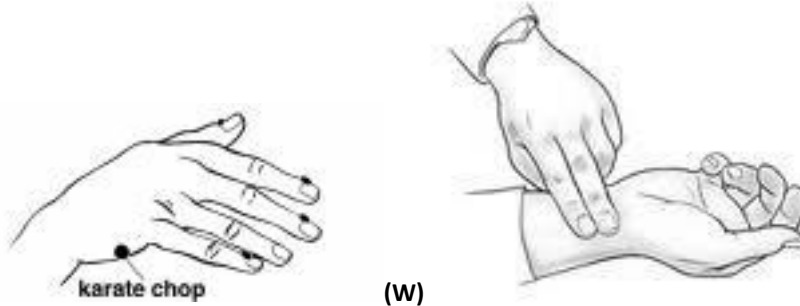




Tapping Points



Either side of the body is acceptable

Instructions – EFT in 12 Steps

#1 – Rate the intensity of your issue on a scale of 0-10. 0 = no problem, 10 = unbearable or causing major distress. You will want to work on the issue until it is a 0.

#2 - KC Point - Located in the middle of the fleshy part on the outside of the hand between the top of the wrist bone and the base of the baby finger. It is also called the Karate Chop (KC) and you tap on this button for Psychological Reversal (PR). Tap with 2 fingers.

Set Up Phrase (example): “Even though I have this _____, I accept who I am and how I feel.”



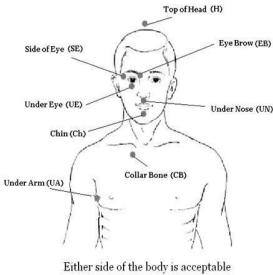
#3 – (H) The intersection of two lines on the top of your head (the tip of one ear, over your head, to the tip of the other ear; and a line from the tip of your nose, to the base of your skull).



#4 – (EB) At the beginning of the eyebrow, just above and to one side of the nose

#5 – (SE) On the bone bordering the outside corner of the eye.

#6 – (UE) On the bone under an eye about one inch below your pupil.



#7 – (UN) On the small area between the bottom of your nose & the top of your upper lip.

#8 – (Ch) Midway between the point of your chin and the bottom of your lower lip.

#9 – (CB) The junction where the sternum (breastbone), collarbone and first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel one inch and then go to the left (or right) one inch.



#10 – (UA) On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about four inches below the armpit.

#11 – (W) The inside of the wrist about 3 finger lengths up from the base of your hand.

#12 – Start back at the top of the head and work back down through all of the points.