

EFT (EMOTIONAL FREEDOM TECHNIQUES)

TAPPING CHART

.#14: Top of Head

- #2: Side of Eye

#4: Under Nose

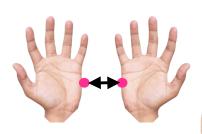
#1: Eyebrow

#3: Under Eye

#5: Chin

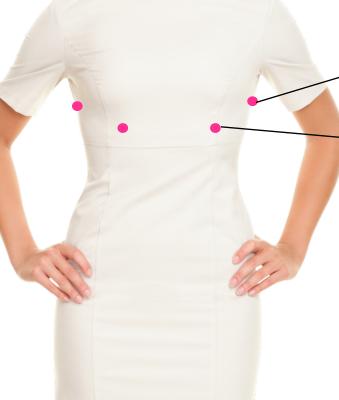


1. Start by tapping both hands together on the Karate Chop Points, the fleshly parts on both sides of Outer hands, then begin the Set Up Statement Phrase



The Sequence
 If both hands are free, tap on the numbered points on both sides of body, (~7X on each point).

Ending at Top of Head = 1 round



#7: Under Arm where bra strap would be for female

.#6: Collarbone

#8: Under Breast/ Just Below Level of Breastbone, or Sternum



* #14 Gamut Point, a groove between the knuckles at the base of Ring Finger & LF. Tap the Gamut Point & keep head steady:

- 1. Close Eyes
- 2. Open Eyes
- 3. Eyes Down Hard Right
- 4. Eyes Down Hard Left
- 5. Look up & eye roll in a circle clockwise 360°
- 6. Eye roll counterclockwise 360°
- 7. Hum 2 seconds of a song
- 8. Count from 1 to 5
- 9. Hum 2 seconds of song again

#9: Wrist - tap
wrists on
both hands
together for extra

effect