

The EFT Tapping Points

TH = Top of the Head

- the middle of the top of your head

EB = Beginning of the Eyebrow

- the beginning of the eyebrow near your nose

SE = Side of the Eye

- the outside corner of the eye, on the bone

UE = Under the Eye

- under the eye on the bone below the pupil

UN = Under the Nose

- under the nose, on the space between the nose and top lip

CH = Chin

- halfway between your bottom lip and the tip of your chin

CB = Collarbone

- from the U-shaped notch, down 1 inch and to the right or left

UA = Under the Arm

- about 4 inches below the armpit

