



EFT Tapping Points

Start with the top of your head.
 Above your Eyebrows
 Side of your Eye
 Under your nose
 Chin
 Under Collarbone
 Under armpit about 4 inches below on each side
 Karate Chop
 -sides of your hands tapping together.

Fill in the blank with the problem sensation, thought, or feeling in this mantra.

“Even though I (problem sensation, thought, feeling) I accept and respect myself.”

Tap 3 times on each acupoint as you say the mantra out loud or silently.