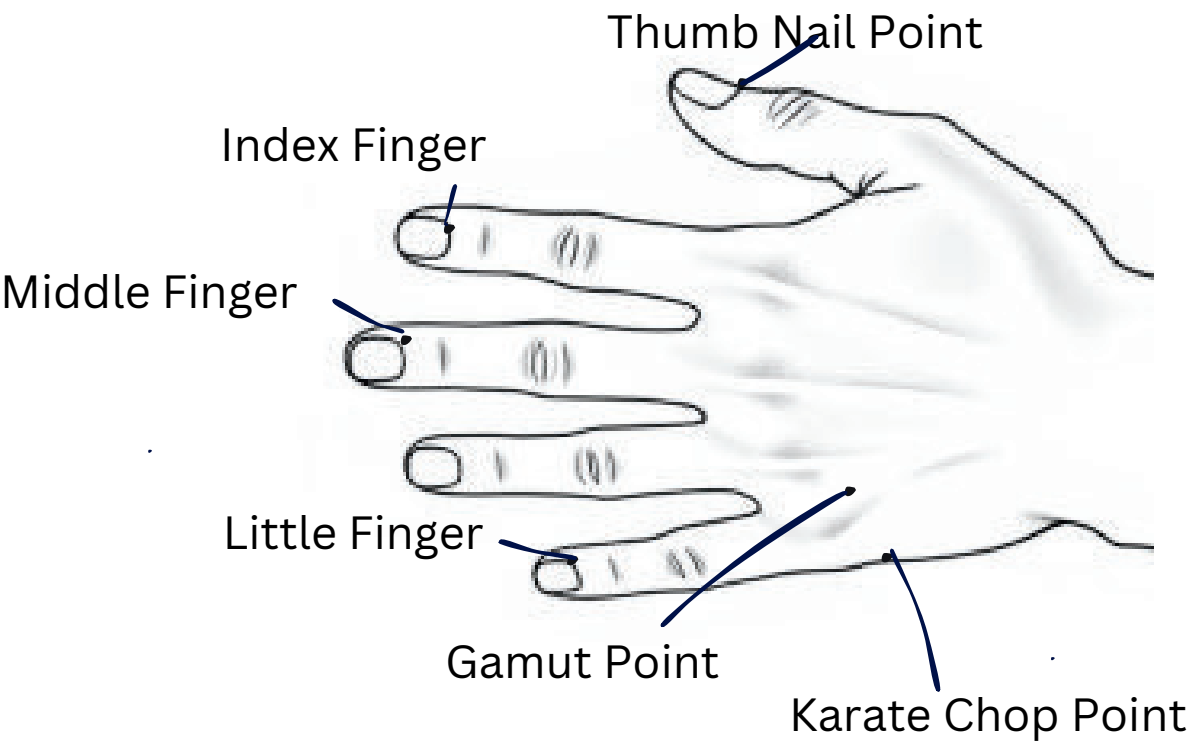
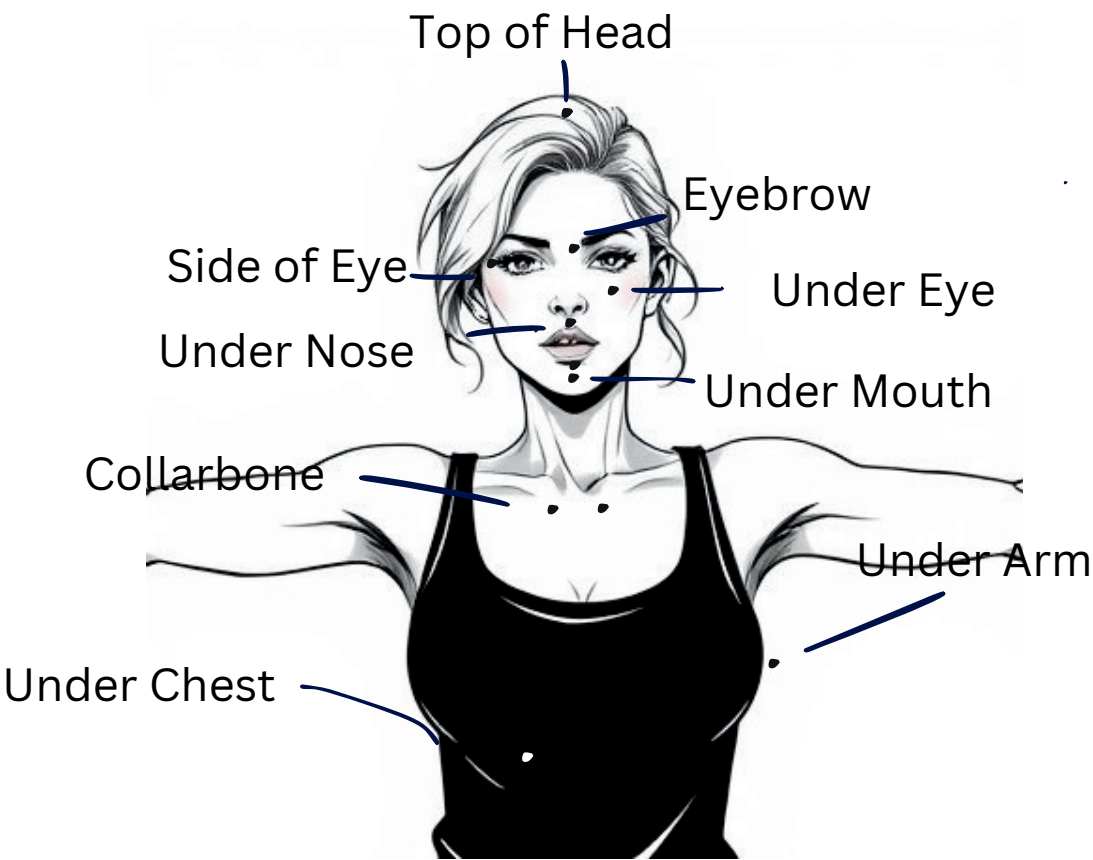


Tapping Points



Tapping Point Description

Karate Chop Point: Side of the hand halfway between knuckle of little finger and wrist. Tap with two fingers or side of other hand.

Top of Head: Top of the head on the midline. Tap around the area using all finger tips.

Eyebrow Point: The end of the eyebrow nearest the nose. Tap with two fingers.
Specifics: trauma, grief, sadness and loss (TFT)

Side of Eye: Tap on the edge of the bony structure on the outside of the eye. Tap with two fingers. Specifics: anger, rage.

Under the Eye: The edge of bony structure under the eye, directly below the pupil. Tap with two fingers. Specifics: worry, anxiety, phobias (TFT)

Under the Nose: The centre of the groove between the nose and the lip. Tap with two fingers. Specifics: embarrassment.

Under the Mouth: The groove in the centre of the chin. Tap with two fingers.
Specifics: shame.

Collarbone Point: Directly below the centre end of the collarbone about an inch each side of the centre line. Tap both sides with fingers or fists.

Under the Arms: The side of the body about 4 inches below armpit or where you find bra strap. Tap with fingers or knuckles.

Under the Chest: Under the chest, directly below the nipple. Tap with fingertips. Not often used, but good for anger.

Hand Points

Thumbail Point: With hand palm down, the outer, lower edge of the thumb nail. Tap with finger (or index finger of same hand).

Index Finger Point: With palm facing down, the lower, medial edge of the nail. Specifics: guilt. Tap with finger (or thumb of same hand).

Middle Finger Point: With palm facing down, the lower, medial edge of nail. Tap with finger (or thumb of same hand).

Little Finger Point: With palm facing down, the lower, medial edge of the nail. Tap with finger (or thumb of same hand).

Gamut Point: On the back of hand, between the bones below little finger and ring finger. Just below knuckles.