



Main Tapping Points for EFT

Top of the Head (TH): This point is at the crown of the head.

Beginning of the Eyebrow (EB): This point is where the eyebrow begins, just above and to the side of the nose.

Side of the Eye (SE): This point is on the bone at the outer corner of the eye.

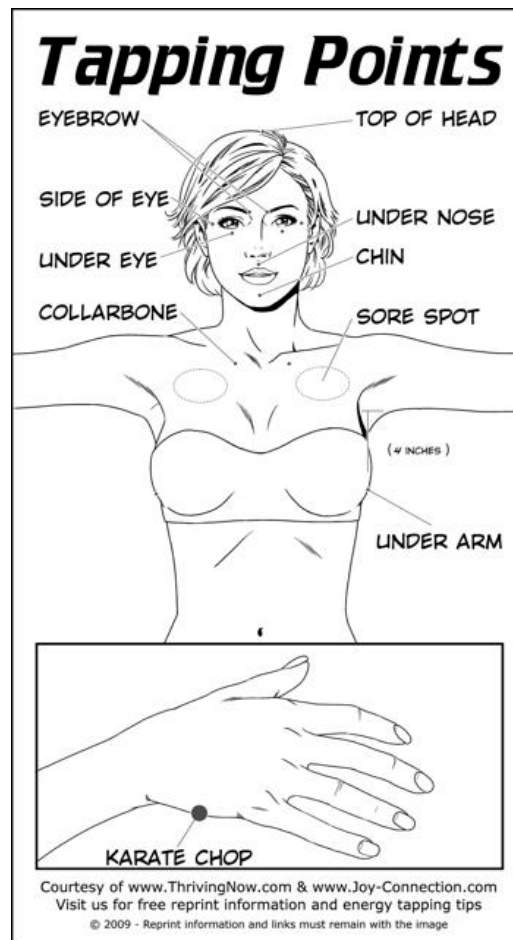
Under the Eye (UE): This point is on the bone under the eye, about an inch below your pupil.

Under the Nose (UN): This point is located between the bottom of your nose and the top of your upper lip.

Chin (Ch): This point is midway between the point of your chin and the bottom of your lower lip.

Collarbone (CB): This point is located just below the hard ridge of your collarbone.

Under the Arm (UA): This point is about 4 inches below the armpit.



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