

# EFT Tapping Points



side of hand – mid-point between bottom of pinky and wrist

top of the head – center of the top of the head

beginning of the eyebrow – beginning of the brow, just above and to the side of the nose

side of the eye – at the outside corner of the eye

under the eye – on the bone under the eye

under the nose – point between nose and upper lip

chin point – crease between bottom lip and chin

beginning of the collarbone – where breastbone, collarbone, and first rib intersect

under the arm – side of the body, a few inches below the armpit (for women, bra line)