

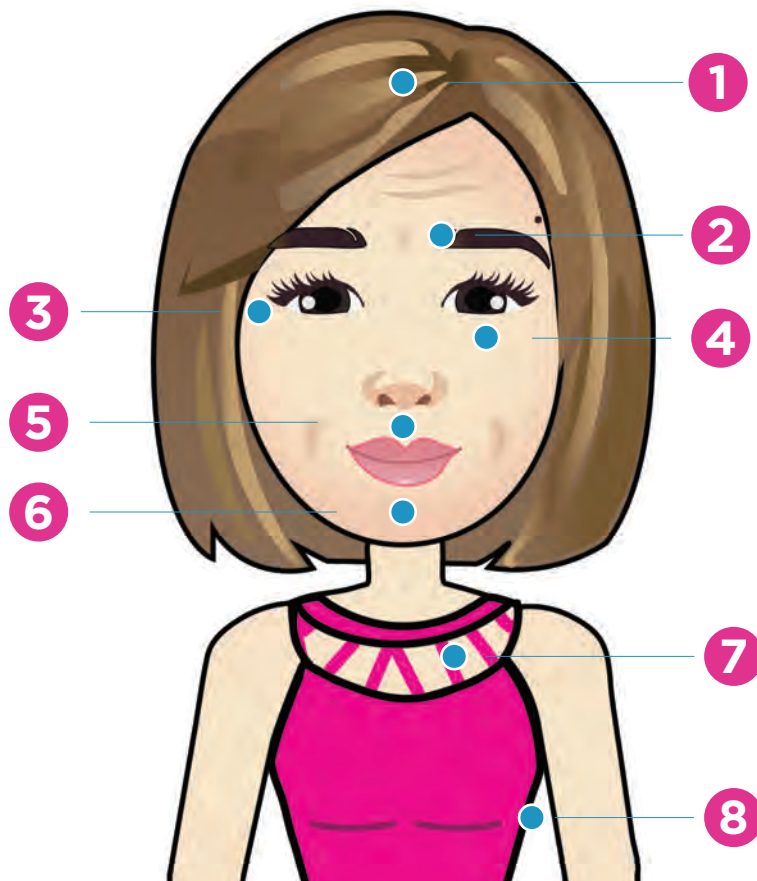
# EFT Tapping Points

## About ...

The Emotional Freedom Techniques (EFT) tapping points are based on the ancient system of acupuncture. Gently tapping certain acupoints has been shown to reduce the stress hormone cortisol (also, a fat storage hormone), to transform emotions, and to powerfully impact how the brain processes information.

## How ...

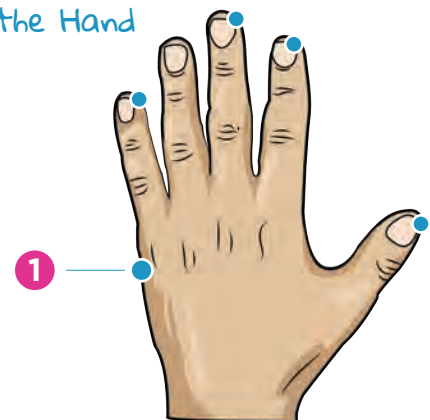
Using 2 fingers of either hand, tap 7-8 times on each point ... at the pressure as if you're tapping on a friend's shoulder to get her attention. There are mirror images of points on both sides of the face and body. Each can be used interchangeably, or you can tap with 2 hands on both sets of points at once. This is a forgiving process. Trust that you can't do it wrong!



## On the face/upper body

1. Top of head
2. Eyebrow (where it meets the nose)
3. Side of Eye (on bone, NOT eyeball)
4. Under Eye (on bone directly below pupil)
5. Under Nose
6. Chin Point (not the tip, but on the divot)
7. Collarbone Point (underneath inner edge; approx. 1" down & 1" out)
8. Under Arm (at bra strap level; can use fist on same side of the body OR pat the other side with 4 fingers)

## Side of the Hand



Optional fingertip points for discreet tapping

1. Karate chop (use 2 or 4 fingers)

\*Inspired by Brittany Watkins, Emotional Eating Expert