

# EFT Tapping Points

## The Points Are Bi-lateral

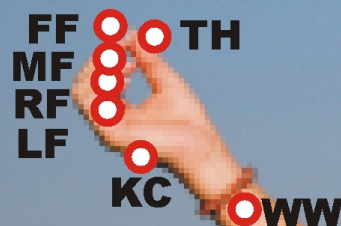
Most tapping points exist on both sides of the body and you can tap on either side.

## Tapping Rate

Most people tap at about 3 to 4 taps per second using first and middle fingers together.

## Basic Setup

1. Repeat 3x while continuously tapping the karate chop point  
“Even though I have ... (this problem) I deeply and completely accept myself”
2. Then tap 5 to 9 times on each point.



- TOP = Top of Head
- EB = Eye Brow
- SE = Side of Eye
- UE = Under Eye
- UN = Under Nose
- CH = Chin
- CB = Collar Bone
- UA = Under Arm
- UB = Under Breast
- WW = Wrist back + front
- TH = Thumb
- FF = First Finger
- MF = Middle Finger
- RF = Ring Finger
- LF = Little Finger
- KC = Karate Chop point

Note that these points differ slightly from the EFT Manual where UB & FF & LF = BN & IF & BF, and TOP, RF and WW are not used.