

EFT (Emotional Freedom Technique) Points

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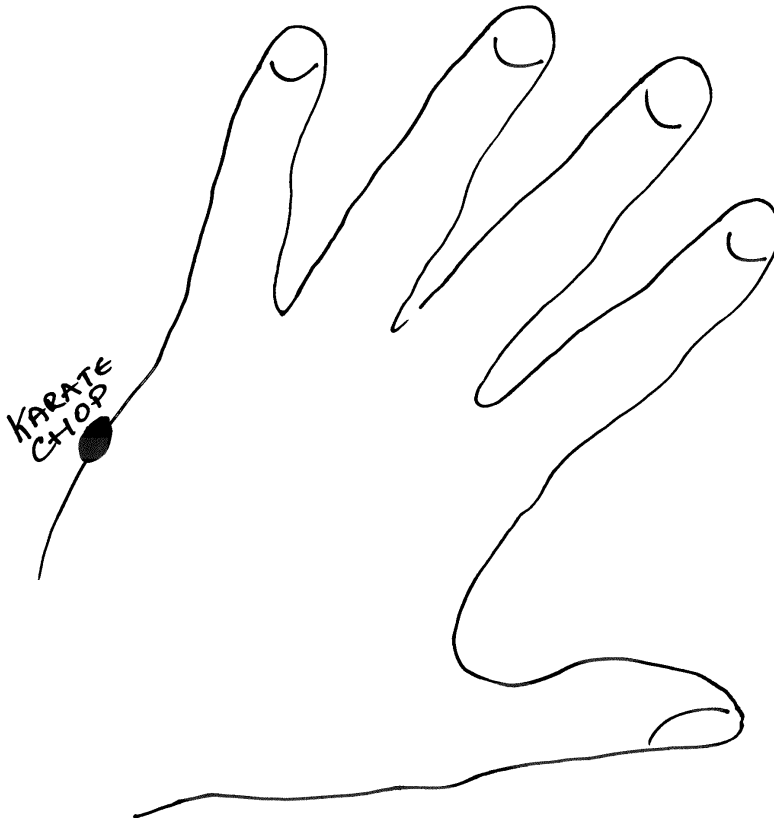
Directions:

Tap gently. Please be careful around the eyes, they are very delicate.

You can tap between 5-10 times on each point.

Breathe deeply and drink water after you've finished.

1. Karate chop.



2. Eye brow. (EB)
3. Side of the eye. (SE)
4. Under the eye (Be careful, this area is sensitive. UE)
5. Under the nose.(UN)
6. On the chin. (CH)
7. On the collarbone. (CB)
8. Under the arm. (UA)
9. On top of the head. (TH)

