

EFT TAPPING CHART

Start at the top of your head. You're going to do about six seconds on each of these spots, and don't tap together. Instead of your left and your right tapping together, do it kind of asynchronously. Then move to inside your eyebrow. Now go to the outside of your eye. Now, under your nose. On your chin. On your collar bone. Now, cross your arms over and tap underneath your armpits. Use your right arm to tap underneath your left armpit, and use your left arm to tap underneath your right armpit. Now, tap on your wrists.

