The EFT Tapping Points

All positions can be left or right



phil reed: coaching

Eyebrow •

above the nose

- at the inner edge of the eyebrow

Under the nose

flat of hand/fist – above the top lip



Under the eye

directly under pupil, on

– eye socket /cheekbone

Chin

above chin, below lower lip

Under arm

– 4 inches under your armpit



flat of hand/fist

- where you would pin on a medal





