

Tapping Points

eyebrow top of head

side of eye

under nose

under eye

chin

collarbone



Focus on Issue
& Rate SUDs
Level 1-10

Tap Karate Chop x3
while stating your
Issues & Acceptance

Tap Points - Speaking
Honest Wording

Story - Change -Goal

Crown

Eye Brow

Side of Eye

Under Eye

Under Nose

Under Lip

Collar Bone

Under Arm

Deep Breath In...
& Full Exhale

Check SUDs