

# EFT TAPPING POINTS

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PLACE YOUR HANDS OVER YOUR HEART AND TAKE THREE DEEP BREATHS  
TAP THROUGH THE POINTS STARTING AT TOP OF THE HEAD



TOP OF HEAD

EYEBROW  
SIDE OF THE EYE  
UNDER THE EYE

UNDER THE NOSE

ON THE CHIN

COLLARBONE

THUMB

SIDE OF RIBCAGE  
4 INCHES BELOW  
THE ARMPIT

INDEX FINGER  
MIDDLE FINGER  
RING FINGER  
LITTLE FINGER  
SIDE OF THE HAND