EFT points

 Top of the head Eyebrow

point Side of the

Eye Under the eye

Under the

Nose Chin

Collarbone Under arm



 Start with the “Karate Checkpoint”

Even though (probleme/theme/thought)………….I deepley and completly love and accept myself 3 x

Then start with the tappingpoints on your body (see tapping points above). Tap on all the points minimal 7x.