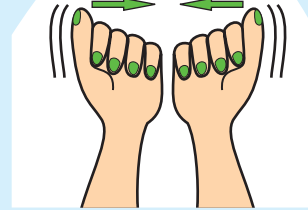


Use all your fingertips.

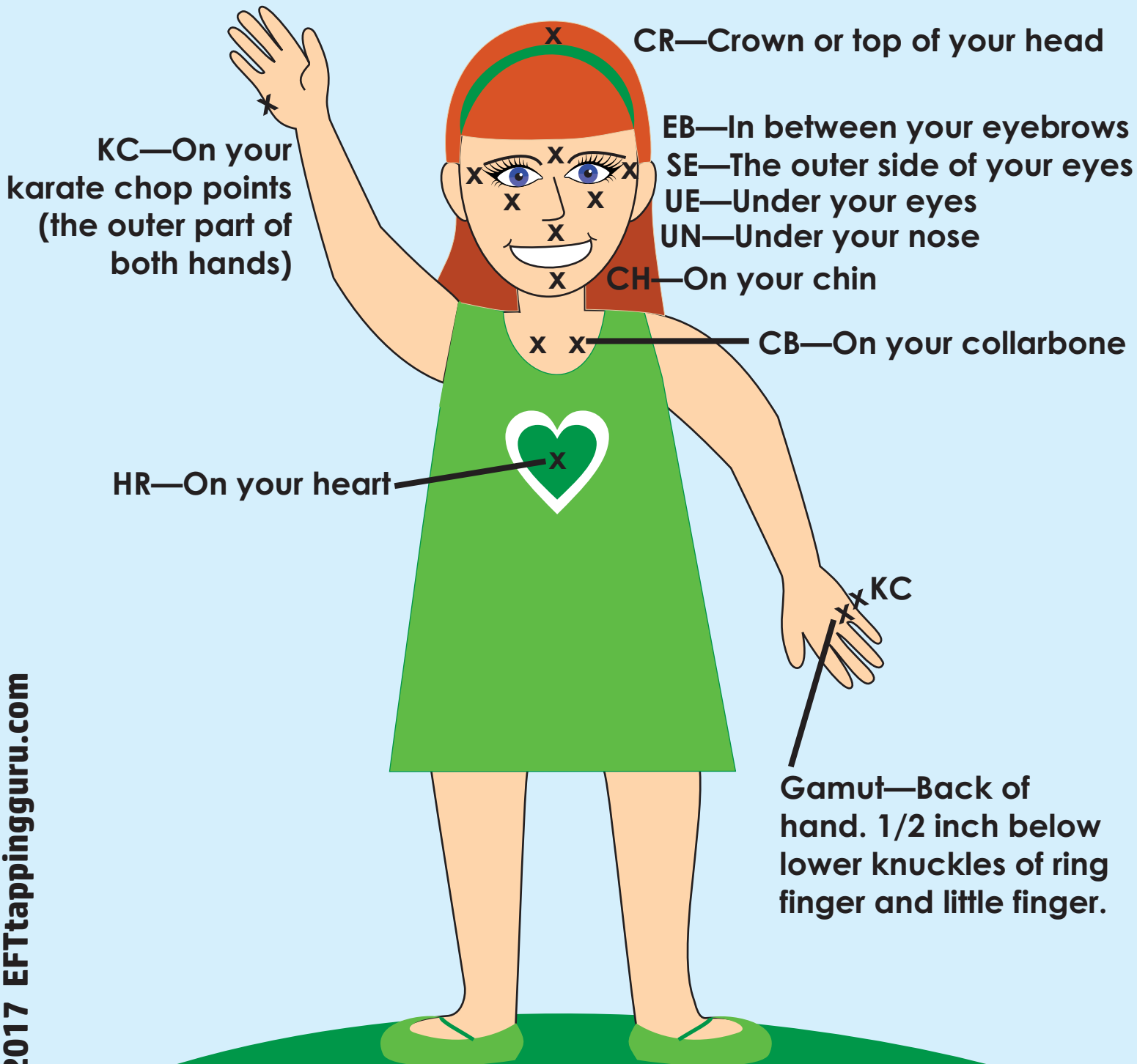


Tap using both hands.

Make fists to tap KC



(Karate Chop) points together.



CR—Crown or top of your head

EB—In between your eyebrows

SE—The outer side of your eyes

UE—Under your eyes

UN—Under your nose

CH—On your chin

CB—On your collarbone

HR—On your heart

KC

Gamut—Back of hand. 1/2 inch below lower knuckles of ring finger and little finger.

An X marks the spot for an EFT tapping point.