

## EFT (Emotional Freedom Technique) Tapping Sequence

The sequence of treatment points Tap 10-15 times on the following points in the following order. Tap gently, but firmly, with two or three fingers. When completed take two slow deep breaths and repeat:

1. Side of the hand under the little finger
- 1a. Top of the Head (not shown in diagram)
2. Beginning of eyebrow/s
3. Outside of the eye/s
4. Under the eye/s
5. Under the nose
6. Under the mouth
7. Under the collarbone
8. Under the arm/s
9. The thumb (on the side closest to the body, at the bottom of the nail)
10. The index finger
11. The middle finger
12. The ring finger
13. The little finger
14. Under the collarbone

