

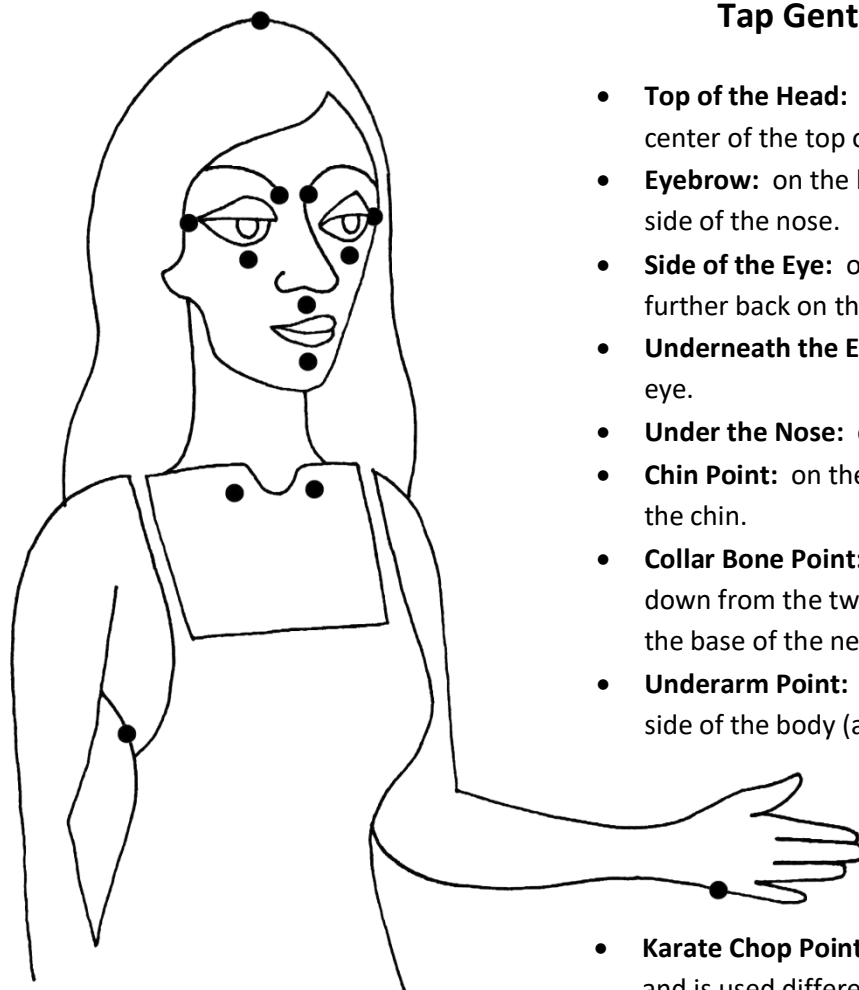
Tapping Turnaround



Master your emotions and set yourself free!

The Tapping Points

Tap Gently on the Tapping Points



- **Top of the Head:** this is a more general point all around the center of the top of the head.
- **Eyebrow:** on the bone where the eyebrow begins on either side of the nose.
- **Side of the Eye:** on the bone on the outside of the eye (not further back on the temple).
- **Underneath the Eye:** on the bone below the middle of the eye.
- **Under the Nose:** on the bone between the nose and top lip.
- **Chin Point:** on the bone in the horizontal cleft (center) of the chin.
- **Collar Bone Point:** approx. one inch diagonally out and down from the two protruding points of the collar bone at the base of the neck.
- **Underarm Point:** approx. 4 inches below the armpit on the side of the body (across the bra line on women).
- **Karate Chop Point:** at the side of the palm. It is a reversal point and is used differently than the other points.