An X marks the spot for an EFT tapping point.

- 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
- KC — On your karate chop points (the outer part of both hands)
- HR — On your heart
- Gamut — Back of hand. 1/2 inch below lower knuckles of ring finger and little finger.

Use all your fingertips. Make fists to tap KC. (Karate Chop) points together.

Tap using both hands.