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
- HR—on your heart
- Gamut—back of hand. 1/2 inch below lower knuckles of ring finger and little finger.

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