An X marks the spot for an EFT tapping point.

Tap using both hands.

- 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—On your karate chop points (the outer part of both hands)
- 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.