An X marks the spot for an EFT tapping point.

Use all your fingertips.

Tap using both hands.

Make fists to tap KC (Karate Chop) points together.

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.