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
- **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.

**Tap using both hands.**

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

Use all your fingertips.