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.**

Use all your fingertips.

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

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