



SET-UP

- **sore spot** - Place your right hand over your heart. In the area where your fingertips land, poke gently until you find a place that's a more sensitive than the surrounding area. This is the "sore spot."
- **karate chop point** - outer edge of hand in fleshy part below the pinky finger

TAPPING POINTS (listed in order we tap them)

- **eyebrow** - inner edge of eyebrow, just above nose
- **side of eye** - on the bone, just outside the outer edge of the eye
- **under eye** - on the bone directly under the pupil
- **under nose** - center point under nose, above lip
- **chin** - center of chin, right in the crease
- **collarbone** - just below collarbone, about 2" to either side of midline
- **under arm** - 4" below armpit
 - women: middle of bra band
 - men: even with the nipple
- **liver** - lower edge of ribs, just outside imaginary line down from the nipple
- **wrist** - 3 points on inside of wrist, just below crease where wrist joins hand
- **top of head** - crown of head