EFT punten

 Top of the head



Eyebrow point

 Under the eye

Side of the eye

 Under the nose

chin

 under the armpit

under the

collarbone



Start with the “karate checkpoint” and say:

Even though (dscribe problem/question or theme)…………………………………………………. I deeply and completely accept myself. repeat 3 times. Than go through the tapping points as shown above starting with the eyebrow point. Tapp minimal of 7 times on each point.