EFT points

 Top hoofd

Binnenkant

Wenkbrauw

 Onderkant oog

Zijkant oog

 Onder de neus

kin

 onder de oksel

onder

sleutelbeen



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.