***Tapping Points***

1. **Sore Spot**

On chest, below collarbone 3”

& to the left or right 3”

1. **Top of Head**
2. **Eyebrow**
3. **Side of Eye**
4. **Under Eye**
5. **Under Nose**
6. **Chin**
7. **Collarbone**
8. **Under Arm**
9. **Wrist**
10. **Karate Chop**

Side of Hand

