

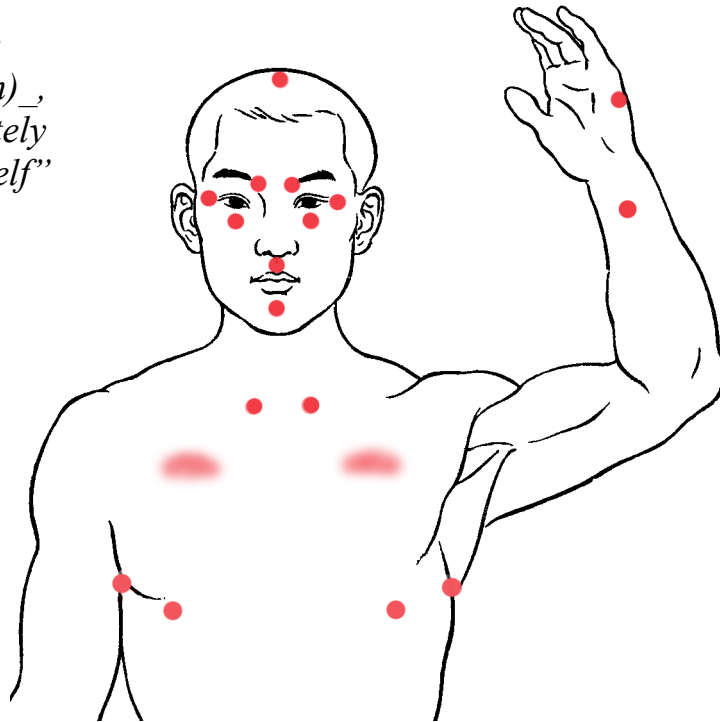
Tapping Chart

Print this handy tapping chart to keep with you and make tapping a part of your daily self-care.

1. While continually tapping on the side of the hand (KC point) repeat 3X:

“Even though I have this __ (state problem) __, I deeply and completely love and accept myself”

NOTE: Tapping may be done with either the left or right hand and on the points on either side, or both sides of the body.



2. Starting at the top of the head, tap approx. 7X on each point while repeating: *“This __ (problem) __”*

KC—Karate Chop
TH—Top of Head
EB—Eyebrow
SE—Side of Eye
UE—Under Eye
UN—Under Nose
CH—Chin
CB—Collar Bone
UA—Under Arm
RI—Ribs
WR—Wrist

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