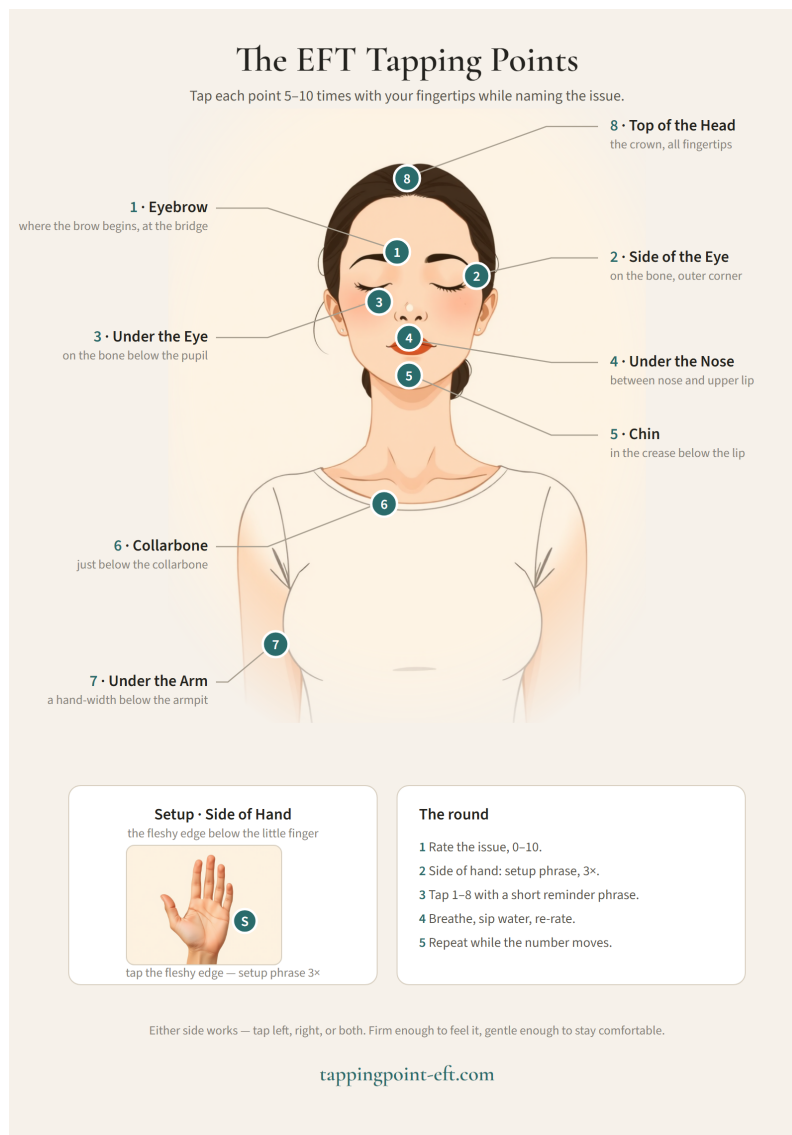


tappingpoint.

EFT tapping points — the overview

The nine points of the standard round, to print and tap along.



How to tap, in short

1. **Measure (0–10):** How much does the topic bother you right now?
 2. **Attune:** Tap the side of the hand, say three times: "Even though I have [the topic], I deeply and completely accept myself."
 3. **Tap through:** P1 to P8 in order, 7–10× per point, briefly naming the topic.
 4. **Measure again** and repeat as long as the number falls.
- Tap gently — force plays no role. Full guide: tappingpoint-eft.com/en/eft-tapping-technique/