

EFT Tapping Points Chart:

A Simple Guide to the Tapping Sequence

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WELCOME

I'm so glad you've taken this step. I'm Bibiana Abreu - EFT Tapping Practitioner and Somatic Coach and I hope this guide can support you on your first steps to start tapping.

Bibiana Abreu

What is EFT TAPPING

EFT Tapping (Emotional Freedom Techniques) is a mind-body method that combines gentle tapping on acupressure points with focused awareness.

Research suggests that tapping can help calm the nervous system and reduce the intensity of stress by influencing the body's stress response. Many people use it as a simple self-regulation tool during moments of overwhelm, anxiety, or emotional tension.

In this guide you will learn the nine tapping points used in the EFT tapping sequence and how they can be used as a short routine at home.

This resource is designed to help you become familiar with the tapping points and the basic tapping process. However, it is important to remember that when practicing tapping on your own, you are responsible for your own wellbeing and emotional safety.

While tapping can be helpful for reducing everyday stress, working with a qualified EFT practitioner is recommended when exploring deeper emotional patterns, recurring anxiety, trauma, or complex challenges.

A practitioner can guide the process safely and help uncover the underlying triggers behind emotional or physical symptoms.



BENEFITS OF EFT TAPPING

Research exploring EFT suggests it may support wellbeing in several ways:

Stress and Anxiety Relief:

Tapping may help calm the nervous system and reduce the body's stress response.

Better Sleep:

By helping the body shift into a more relaxed state, tapping may support better sleep and reduce night time overthinking.

Reduced Cravings and Emotional Eating:

Some studies suggest tapping may help reduce cravings and support healthier habits.

Pain and Physical Tension:

Tapping may help reduce the emotional intensity associated with physical discomfort and support the body's relaxation response.

Emotional Resilience

Many people use tapping to regulate emotions during challenging situations.

EFT has also been explored in areas such as fears, phobias, performance anxiety, and emotional overwhelm.

The 9 EFT Tapping Points

EFT uses a simple sequence of nine tapping points on the face and upper body. These points correspond to acupuncture points used in traditional Chinese medicine and are stimulated by gently tapping with the fingertips.

While tapping, attention is usually directed toward a feeling, thought, or physical sensation. Many people find that this combination of focused awareness and gentle stimulation of the points helps the nervous system settle and reduces the intensity of stress.

Below is a brief description of each point used in the EFT tapping sequence:

1. Karate Chop (KC)

Location:

On the outer edge of the hand, between the base of the little finger and the wrist.

This point is often used at the beginning of a tapping round. While tapping this area, people typically acknowledge the issue they are working on and set an intention for the tapping process.

2. Top of the Head (TH)

Location:

At the crown of the head.

This point brings awareness to the entire body and is commonly included at the start or end of a tapping sequence.

3. Eyebrow (EB)

Location:

At the inner edge of the eyebrow, close to the bridge of the nose.

This point begins the sequence around the face and is tapped gently while maintaining awareness of the issue being explored.

The 9 EFT Tapping Points

4. Side of the Eye (SE)

Location:

On the bone at the outer corner of the eye.

This point continues the tapping sequence along the side of the face.

5. Under the Eye (UE)

Location:

Directly under the pupil, on the cheekbone.

This point is associated with the stomach meridian and is commonly used when addressing feelings of stress or emotional discomfort.

6. Under the Nose (UN)

Location:

In the area between the nose and the upper lip.

This point sits along the midline of the face and continues the tapping sequence.

7. Chin (CH)

Location:

In the crease between the lower lip and the chin.

Although referred to as the chin point, it is actually located in the indentation just above the chin.

8. Collarbone (CB)

Location:

Just below the collarbone, slightly to the side of the sternum. This point is easy to access and is often tapped using several fingers or the whole hand.

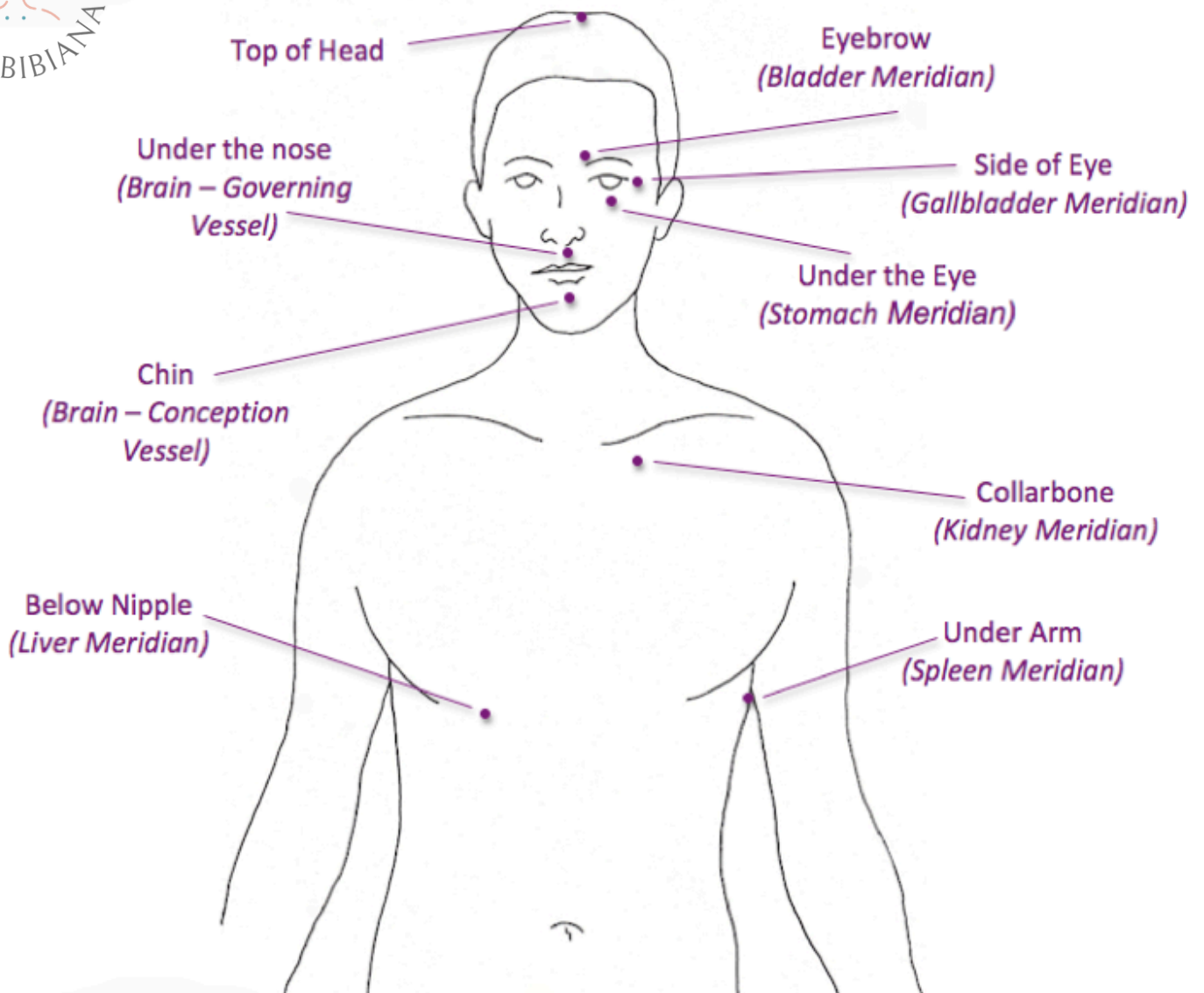
9. Under the Arm (UA)

Location:

On the side of the body, about a hand's width below the armpit.

This point completes the standard EFT tapping sequence.

EFT Tapping Points



Working with an EFT Practitioner

While tapping can be a useful self-regulation tool, deeper emotional patterns often benefit from guided work with a trained practitioner.

An EFT practitioner can help you:

- identify the emotional roots behind recurring stress
- work through specific memories or triggers
- gently release stored emotional responses
- create lasting change in how your nervous system responds to challenges

If you would like support exploring EFT in a deeper and more personalised way, you can learn more about my work here: www.bibianaabreu.com

Bibiana Abreu - Certified EFT Tapping Practitioner and somatic therapist, trained in trauma awareness and the vagus nerve.

