

EFT Tapping Charts



- 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

These points are at the ends of energy meridians and located just beneath the surface of the skin, responding to touch rather than having to use needles.

While each energy meridian relates to a specific organ or chakra, in EFT we do not need to be aware of this. We simply tap on all the points since there are so few, and there can often be hidden unconscious beliefs or energy located in unexpected places.

Please note these points proceed down the body with the exception of the Karate Chop.

Karate Chop/Side of the Hand	Small Intestine Meridian	Shock, sadness, unappreciated, nervousness, discouragement, and indecisiveness	Insight, relief, truth of both sides. Self-love	3
Top of Head	Hundred Meeting Points	Inner Critic, lack of focus, "hamster wheel" thinking	Insight, intuition, spiritual connection, wisdom	7
Eyebrow	Bladder Meridian	Trauma, hurt, sadness, restlessness, frustration, and dread	Inner peace and emotional healing	2
Side of Eye	Gall Bladder Meridian	Rage, anger, resentment, fear of change and muddled thinking	Clarity, compassion and understanding	3
Under Eye	Stomach Meridian	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe..."All is well."	3
Under Nose	Governing Meridian	Embarrassment, dishonesty, distrust, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure	Self-empowerment, self-acceptance and compassion	1 thru 7
Chin	Conception Vessel	Overwhelm, shyness, confusion, uncertainty, embarrassment, shame and indecision	Certainty, clarity, and self-acceptance	1 thru 6
Collarbone	Kidney Meridian (adrenals)	Psychological reversal, worry, indecision, feeling stuck, and general stress	Ease in moving forward, confidence and clarity	3
Under Arm	Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem	Clarity, confidence and compassion for self and others	3
Collarbone	Kidney Meridian (adrenals)	Psychological reversal, worry, indecision, feeling stuck, and general stress	Ease in moving forward, confidence and clarity	3
Under Arm	Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem	Clarity, confidence and compassion for self and others	3
Below Nipple/Liver	Liver Meridian	Anger, irritability, frustration, resentment, jealousy, and envy.	Releases anxiety. Allows flow.	3
Bottom and Top of the Wrist	Triple Warmer, Large Intestine, Lung, Circulation Sex, Heart Meridians	The wrist points catch all the yin and yang meridians that flow into or out of the hands. Psychological reversal.	Relief, insight and flow in all areas	1 thru 7

IMPORTANT NOTE: "With all things, it's one universe and all rivers run into the ocean. Thus, being open with the points and not too specific with "use for this or that" may allow for more ease in releasing whatever needs to be released and more ease in opening to whatever is meant to come in." ~ Kristin Field, L.Ac., A.P.H.