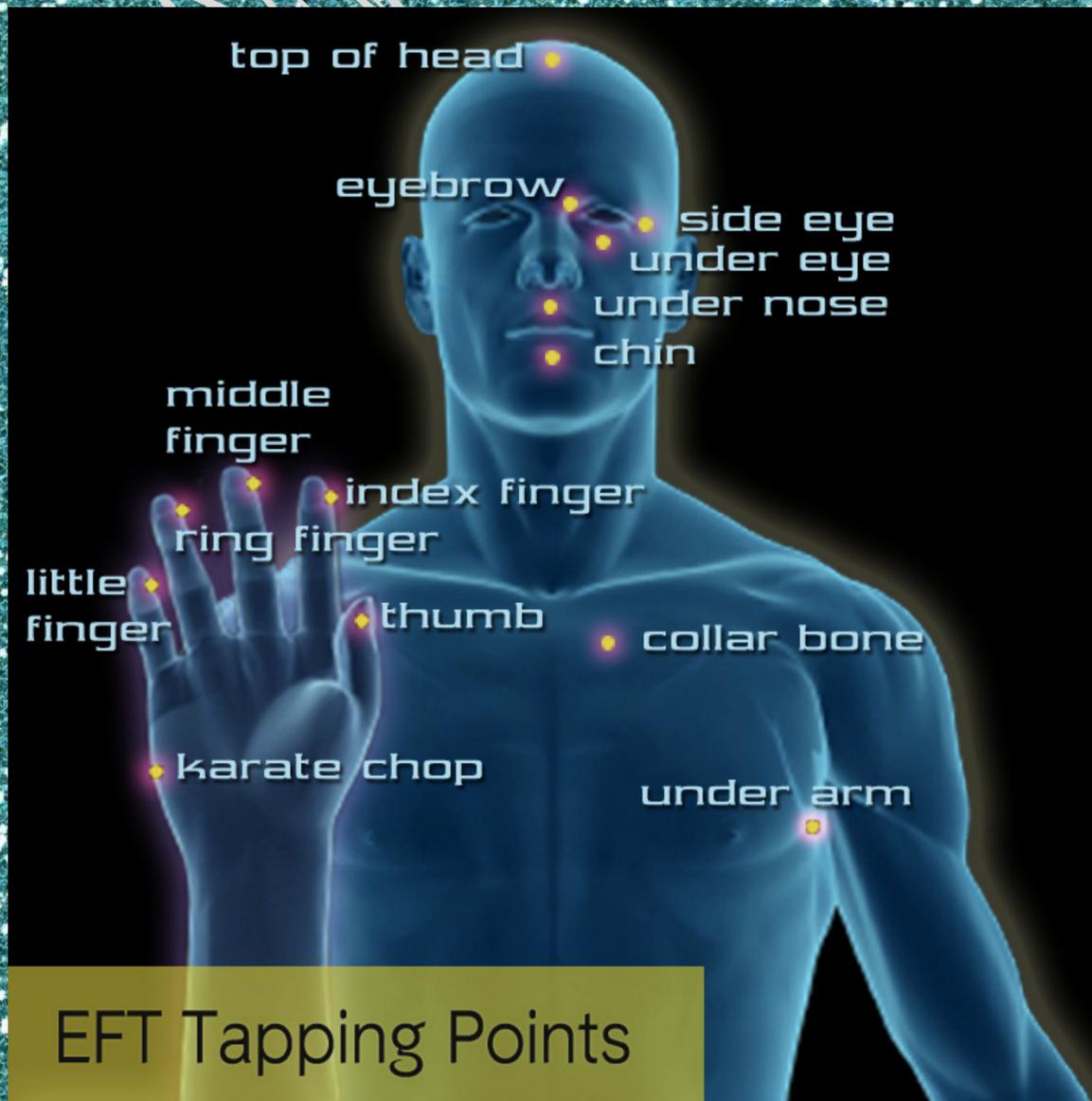




LOWER BACK  
SPECIFIC TAPPING

# TAPPING POINTS

- Karate chop (side of the hand)
- Eyebrow point (EB)
- Side of eye (SE)
- Under eye (UE)
- Under nose (UN)
- Chin point (CP)
- Collarbone point (CB)
- Underarm (UA)
- Top of the head (TH)
- Across the wrist over and under
- top side of thumb
- top side of all fingers



## EFT Tapping Points

Add a subheading

Using the specific triggers we discussed in the previous lesson, tap into them.

See what come up for you what memories come to surface write them down and bring them to the next session,

Use this guided tapping session as much as you need and next coaching session we will delve into your memories

NOTES AND DOODLES PAGE

