Using two fingers (index and middle) tap 7 times on each part

1. Start of the eyebrow. This is the bony part where the eyebrow begins. Use the tips of 1 or 2 fingers to tap on both the eyebrow points or just one.

2. Side of the eye. This is the bony part right near the eye. Use 2 fingers to tap on one or both sides of the face.

3. Under the eye. This is the bony part on the socket of the eye, located below the pupil. Use 2 or 3 fingers to gently pat this area on one or both sides of the face.

4. Under the nose. This is the area between the upper lip and the nose. Use 2 or 3 fingers to tap on this area.

5. Under the lips. This point is located at the indentation below the lower lip. Use 2 or 3 fingers to tap here.

6. Collarbone. This point is located at the fleshy part under the collar bone. Use 3 or 4 fingers to pat this area so you won’t miss the exact spot.

7. Under the arm. It is located about 4 inches under the armpit, aligned with the seam of your clothing. Use your palm to pat this area so you’ll cover a greater area and won’t miss the exact spot.

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8. Top of the head. This point is located at the top of your head. Cup your hand and use your fingers to tap this general area or use your palm to pat it gently.

This completes one round of EFT tapping. Repeat tapping for a few more rounds till you start feeling decidedly better and peaceful about the problem. One round of EFT takes less than a minute. Normally, you start feeling better from the first round itself. For each subsequent round, modify the reminder phrase to reflect the current state of the problem. For example, “this remaining anger toward Bill”, “this remaining pain in my right arm” etc.

These exercises are from tap-easy.com