



Tapping points

Tapping Points, also known as Emotional Freedom Technique (EFT), is a technique used to reduce stress, anxiety, and other negative emotions by tapping on specific points on the body. The technique involves tapping with your fingers on specific acupressure points while focusing on a negative emotion or problem. The tapping is believed to help release energy blockages and restore balance to the body's energy system.

The tapping points used in EFT include the top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm. It is recommended to tap each point 5-7 times while repeating a specific phrase related to the negative emotion or problem you want to address.

EFT has been found to be helpful in managing stress, anxiety, phobias, and even chronic pain. It is a simple technique that can be learned and practiced on your own, or with the help of a trained practitioner. If you are interested in trying EFT, there are many resources available online to guide you through the process.

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