

Tapping Points

Focus on Issue
& Rate SUD
Level 1-10

Tap Karate Chop x3
while stating your
Issues & Acceptance

Tap Points - Speaking
Honest Wording

Story - Change - Goal

Crown

Eye Brow

Side of Eye

Under Eye

Under Nose

Under Lip

Collar Bone

Under Arm

Deep Breath In...
& Full Exhale

Check SUD

