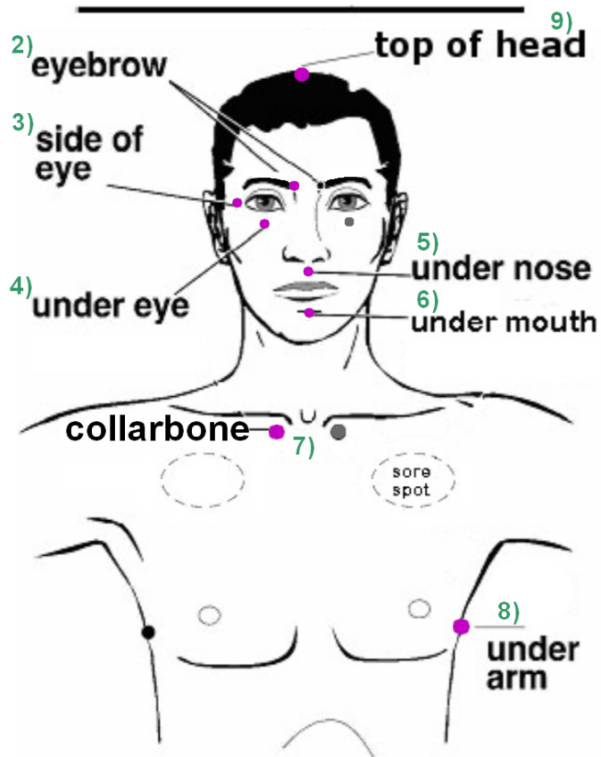


Below are some of the energy points we will be using

## Tapping Points



Use 2 fingers, 4 fingers or cupped hand

## EFT Worksheet

Dr. Kim Eisen, HCCP, Ph.D., D.D.

BREATHING EXERCISE: 1<sup>st</sup> # \_\_\_\_\_ 2<sup>nd</sup> # \_\_\_\_\_

TYPES: \_\_\_\_\_

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NOTES:

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