

EFT Point	Description	Corresponding Acupuncture Point Number	Related Area	Releases	Allows
TH	Top of Head	DU 20	100 meeting points	Inner critic. Lack of focus. Depression. Sadness	Insight, intuition, spiritual connection
KC	Karate chop	SI 3	Small Intestine	Feelings stuck or frozen. Psychological reversal. Sorrow. Worry. Obsessive behaviour. Tension/emotion held in shoulders & neck. Bipolar disorder	Ability to move forward. Heal from grief. Connect with the present. Balances highs and lows in moods.
EB	Beginning of the eyebrow	BL 2	Bladder	Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread.	Inner peace and emotional healing. "Seeing a way forward". Clarity.
SE	Side of the eye	GB 1	Gall Bladder	Rage, anger, resentment, fear of change and muddled thinking.	Clarity, compassion and understanding
UE	Under the eye	ST 1	Stomach	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe... "All is well".
UN	Under the nose	DU 26	Governing Vessel	Embarrassments, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals. Survival issues	Self-empowerment, self-acceptance, compassion and security
Ch	Chin (or Under Lip)	Ren 24	Conception Vessel	Confusion, uncertainty, shame, embarrassment, and second guessing decisions. Sexual shame	Certainty, clarity, self-confidence and self-acceptance
CB	Beginning of the collarbone	KD 27	Kidney	Psychological reversal, worry, indecision, feeling stuck and general stress. PMT	Ease in moving forward, confidence and clarity
UA	Under the arm	SP 21	Spleen	Guilt, obsessing, worry, hopelessness, insecurity, poor self esteem, stagnation	Clarity, confidence, relaxation and compassion for self and others
Th	Thumb	LU 11	Lung	Contempt, disdain, scorn, haughtiness, intolerance prejudice	Humility, tolerance and modesty
IF	Index finger	LI 1	Large Intestine	Guilt and rigidity	Forgiveness and flexibility
MF	Middle finger	PC 9	Pericardium	Regret, sexual tension, jealousy and stubbornness	Relaxation, generosity. Ability to let go of the past.
BF	Baby finger	HT 9	Heart	Anger, annoyance & rage	Love and forgiveness
G	Gamut	TH 3	Triple Energiser	Excesses, unbearable, painful emotions,	Forgiveness, the ability to "bear" emotional pain