



WEEK 5 | YOUR TRANSFORMATIVE PARENTAL JOURNEY

EFT Tapping Point

The points relate to the following meridians

EB: Beginning of the Eye Brow -
Bladder Meridian – Restlessness
/ Impatience / Sadness

SE: Side of the Eye - Gall Bladder
Meridian - Rage / Anger
/ Resentment

UE: Under the Eye - Governing
Vessel - Anxiety / Fear / Worry

UN: Under the Nose - Stomach
Meridian - Embarrassment / Shame
/ Guilt

CH: Chin - Central Vessel -
Confusion / Uncertainty /
Embarrassment / Shame

CB: Beginning of the Collar Bone
- Kidney Meridian - Adrenals /
Worry / Criticism / Stuck-ness /
Stress

UA: Under the Arm - Spleen
Meridian - Guilt / Self Esteem
/ Hopelessness

ToH: Top of the Head - Governing
Vessel - Inner Critic / Lack of
focus / Spinning Head

