

EMOTIONAL FREEDOM TECHNIQUE STEPS

Learn EFT for Self-Care



EFT ACUPRESSURE POINTS



#2 CROWN OF HEAD

#3 EYEBROW

#3 EYEBROW

#4 SIDE EYE

#4 SIDE EYE

#5 UNDER NOSE

#6 UNDER MOUTH

#7 COLLARBONE

#7 COLLARBONE

#8 UNDER ARM

#8 UNDER ARM

Subconscious @ EFT

