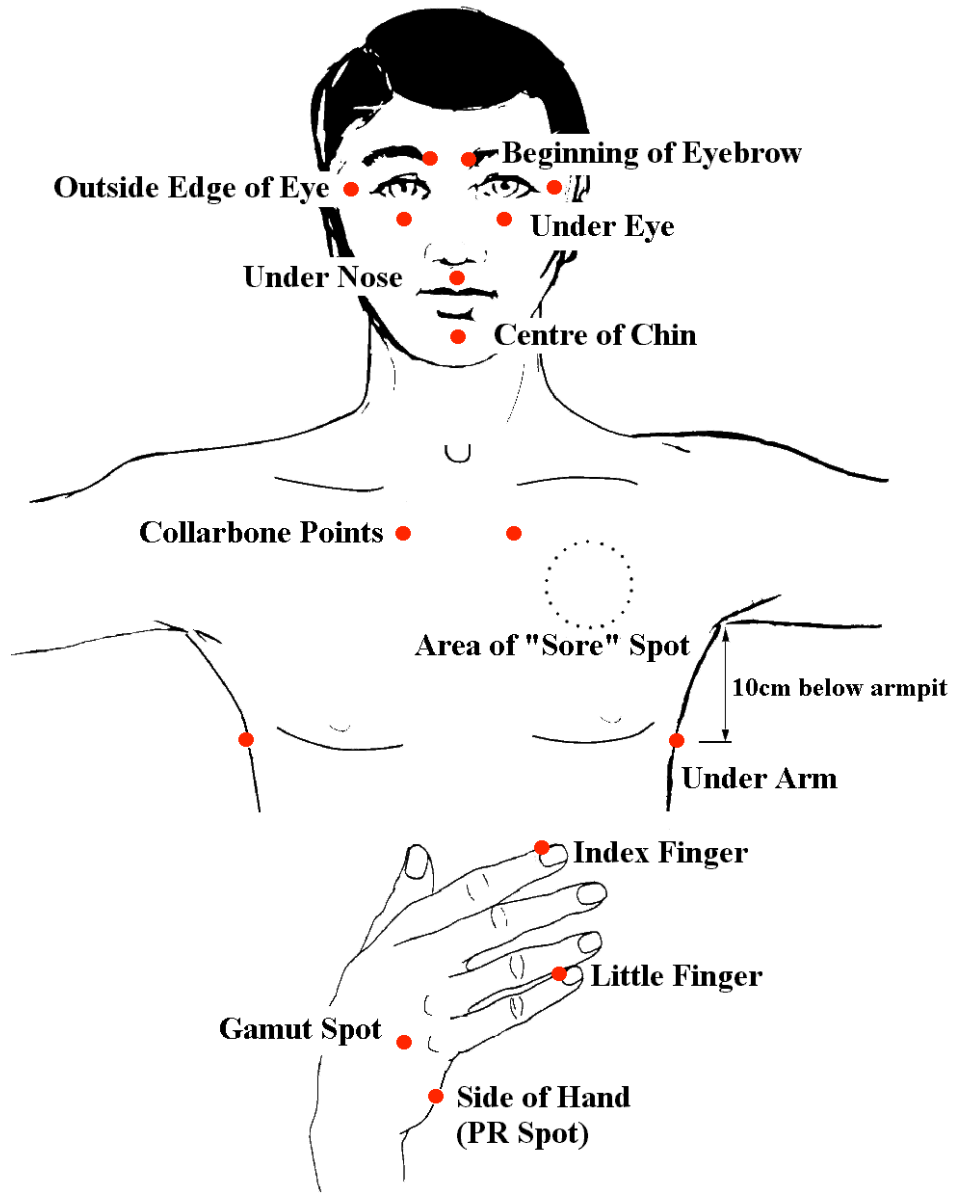


# Chart of Tapping Points

## THE CALLAHAN TECHNIQUES®

Treatment Points  
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## Key to Abbreviations for TFT Treatment Points

**SUD** = subjective units of distress

**e** = under eye (under the pupil just below the rim of the bone)

**eb** = inside eyebrow (at the point where the eyebrow begins)

**a** = under arm (about 4" down from the arm pit; at the bra line for women)

**c** = collarbone (1" down from the V of the neck and 1" over to either right or left.

**mf** = middle finger

**t** = little (tiny) finger (the tip beside the nail on the thumb side)

**th** – thumb outside edge at base of nail

**if** = index finger (the tip beside the nail on the thumb side)

**oe** = outside eyes (about ½" straight out from the corners of the eyes, on the edges of the bones of the eye sockets)

**un** = under nose (midway between the nose and the upper lip)

**ch** = chin (in the cleft between the chin and the lower lip)

**g** = gamut spot (between the knuckles of the little and ring finger about ½" back onto the hand)

**9g** = 9 gamut series

eyes open

eyes closed

eyes down left

eyes down right

roll eyes in a complete circle

roll eyes in a complete circle the other way

hum a few bars of a tune (aloud)

count aloud from one to five

hum again (aloud)

**sq** = the initial **majors** sequence (i.e., e.a.c)

**er** = floor-to-ceiling eye roll (while typing the gamut spot, hold head level and look down and slowly --- to a count of 7 or 8 --- roll your eyes across the floor, up the wall, and across the ceiling as far as you can?)