

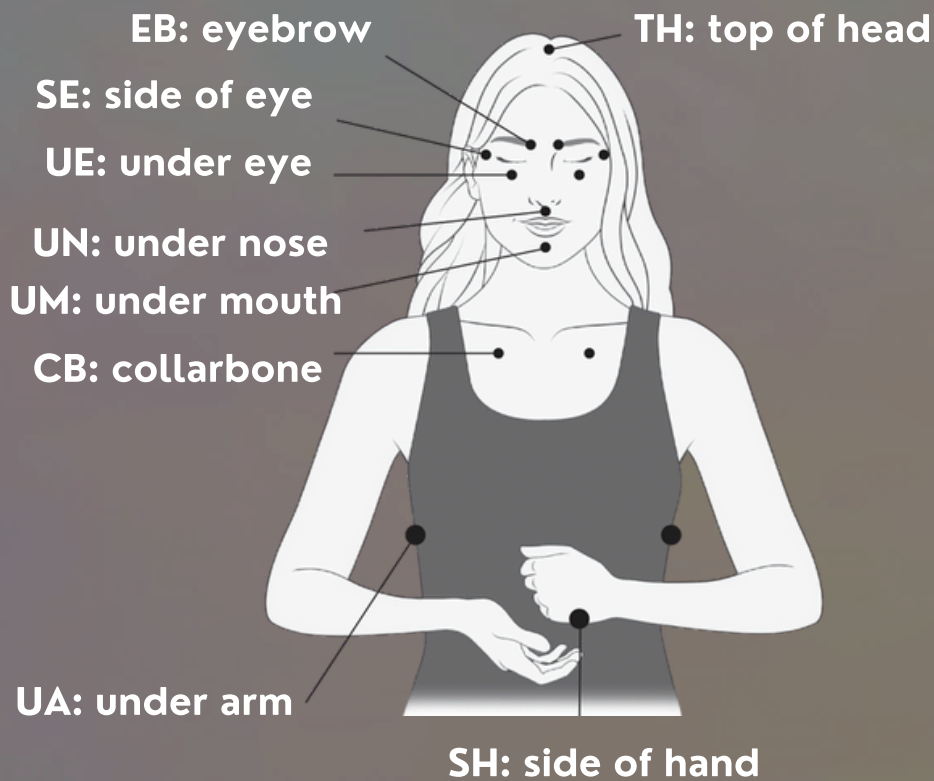
# TAPPING POINTS FOR PAIN

Tapping helps release  
tension at its roots



@thetappingsolution

During a Tapping session, we tap our fingertips on certain acupressure points along the body's meridians, which we refer to as "Tapping points."

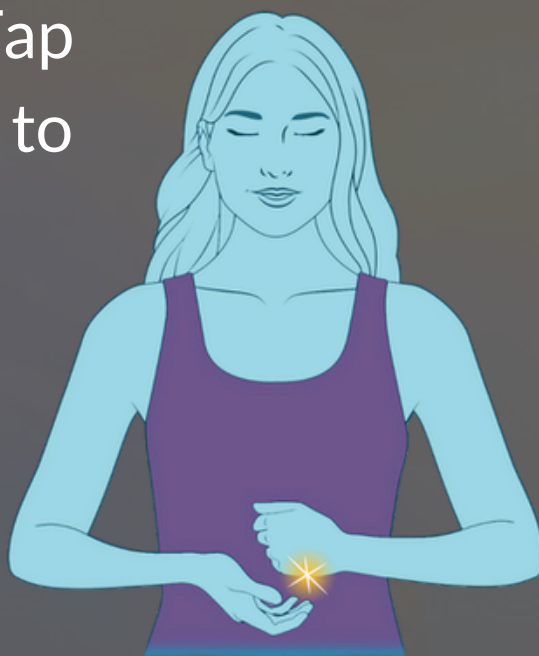


These specific acupressure points used in Tapping have been mapped out and studied for thousands of years in traditional Chinese medicine...



Here's how each point can help  
your mind and body finally settle  
from pain:

1 - Side of Hand: The  
thought: I'll always hurt. Tap  
here to release resistance to  
healing...



2 - Eyebrow: Worry tightens muscles and creates pain. This point helps release the stress of worrying.



3 - Side of Eye: Anger and frustration amplify pain. Tap here to let it go.



4 - Under Eye: Anxiety heightens physical discomfort. This point calms the nervous system.



5 - Under Nose: Shame about being in pain adds weight. Tap here to release it.



6 - Under Mouth: Doubt about healing fuels stress. This point restores trust in the body.



7 - Collarbone: When pain feels overwhelming, this point helps ground and soothe.



8 - Under Arm: Tension builds up and gets stuck. Tap here to help the body let go.



9 - Top of Head: The crown point integrates release, bringing relief through the whole body.

