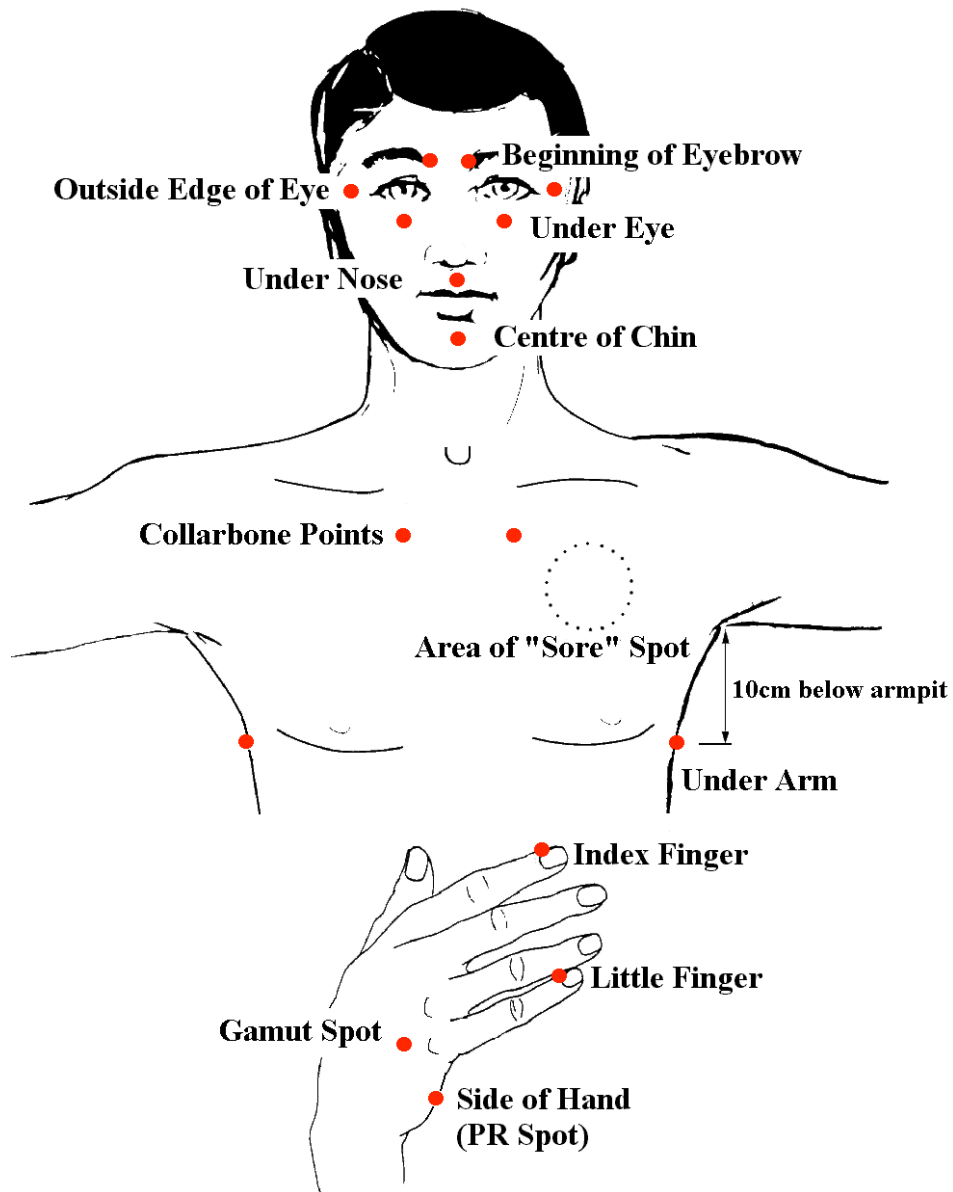


Chart of Tapping Points

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?)