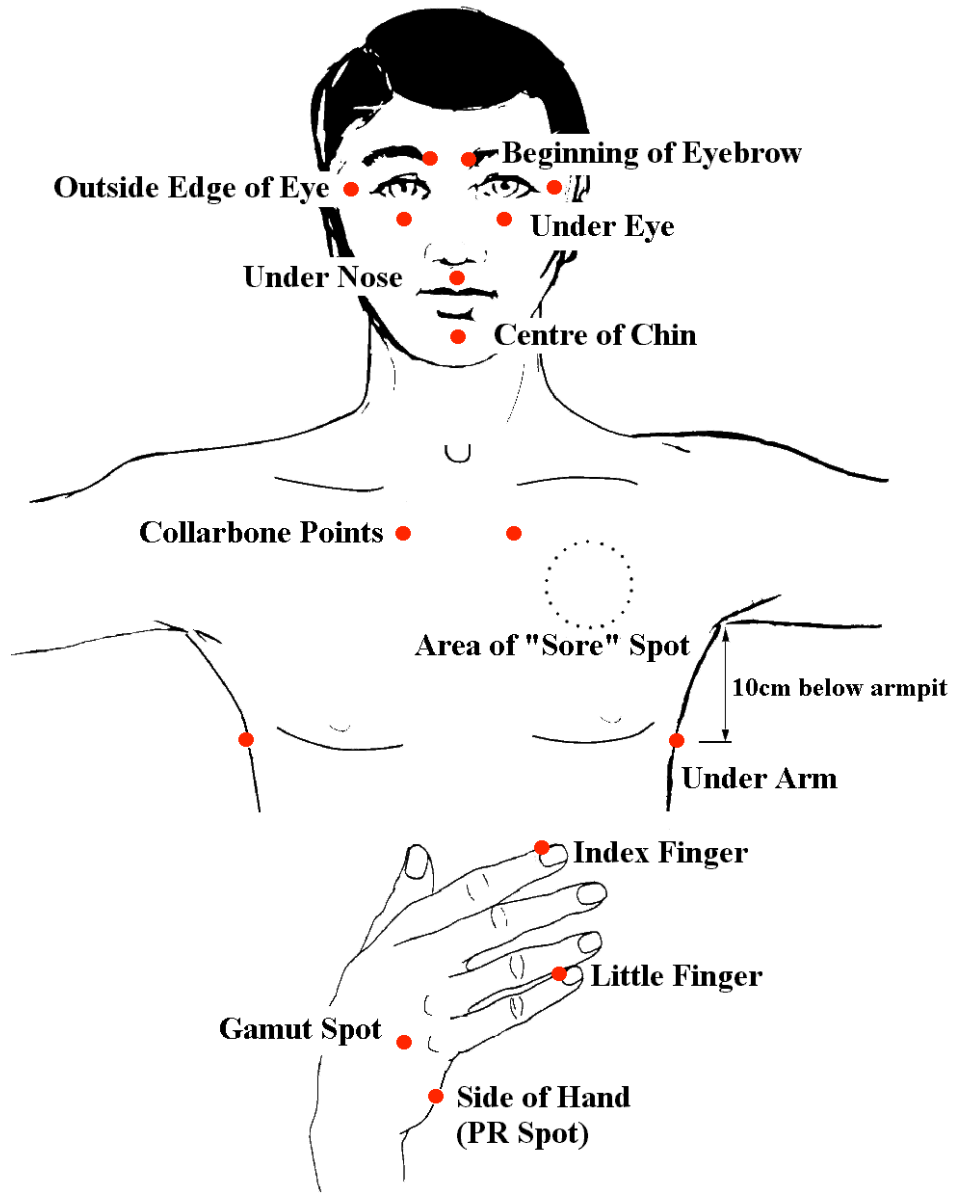


Chart of Tapping Points

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?)

Reminder Phrase

You do the 9 Gamut Procedure while repeating the reminder phrase:

Even though I (have this problem), I deeply and completely accept myself.

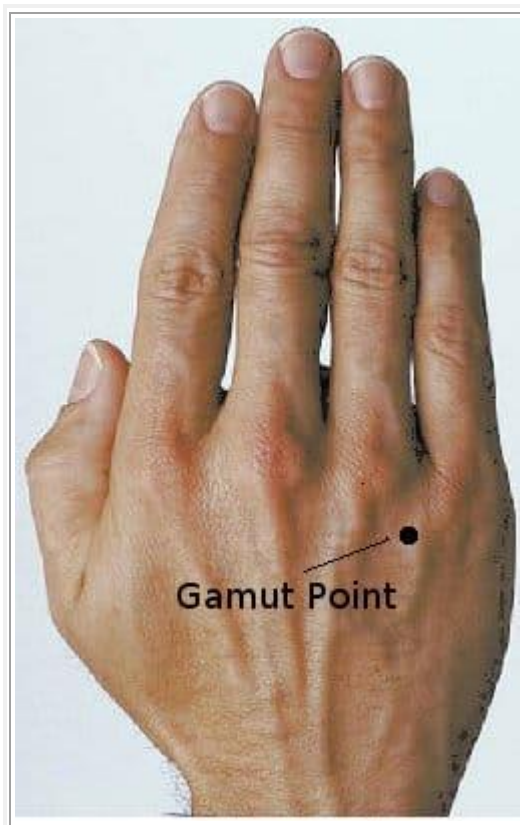
Tap about 7 times on each of the points explained below.

If this is your second time through the points on the same issues, you would repeat, instead of the above:

Even though I still (have some of this problem), I deeply and completely accept myself.

The subconscious mind is very literal at times, and acknowledging the problem has reduced somewhat makes the procedure more effective.

The Gamut Point



The Gamut Point is located between the bones of the ring finger and the baby finger, about an inch down from the knuckles. You tap this point with two (or more fingers). You do so vigorously, but not too hard. All the time you repeat the reminder phrase (See [above](#)).

9 Gamut Procedure

While tapping on the Gamut Point, and repeating the [reminder phrase](#), you do the 9 Gamut Procedure, explained below:

1. Close your eyes.
2. Open your eyes.
3. Look hard down to the right.
4. Look hard down to the left.
5. Move your eyes clockwise a full circle.
6. Move your eyes anticlockwise in a full circle.
7. Hum a few notes of a song.
8. Count rapidly from 1 to 5.
9. Hum about 2 seconds of a song again.

You would now repeat the [sequence](#).