



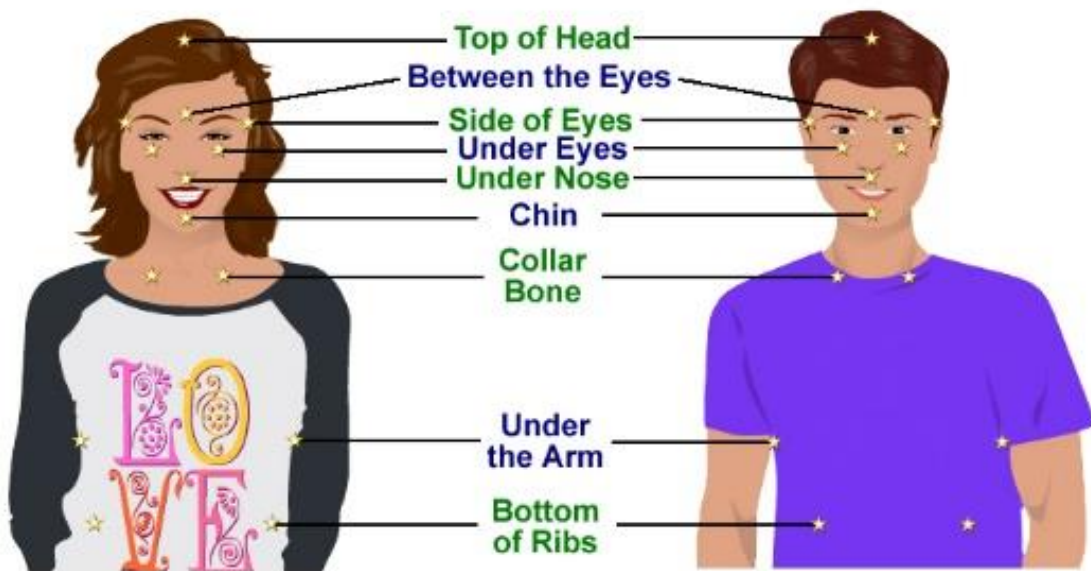
The EGO Tamer® (TET) Tapping Points & the Subjective Units of Distress Scale (SUDs)

Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®