



MERIDIANS AND EMOTIONS

Meridian	Emotions Balanced	Emotions Blocked
Central	success · self-respect	overwhelmed · shame · failure
Governing	supported · trusting	unsupported · distrustful · competitive
Small Intestine	joy · appreciated · equality	sorrow · unappreciated · inferior
Triple Warmer	lightness · harmony · hope	heaviness · loss of faith · hopelessness
Heart	love · forgiveness · self-worth	anger · hate · insecure · jealous
Circulation-Sex	relaxation · intimacy · satisfaction	stubborn · blame · regretful
Spleen	faith in the future · confident	anxious · mentally · rigid · rejected
Stomach	content · tranquil · empathetic	worried · apprehensive · critical
Lung	tolerant · enthusiastic · humble	intolerant · depressed · prejudiced
Large Intestine	worthy · willing to let go	unworthy · unmerciful · retaining the old
Bladder	peace · self-direction · self-control	restlessness · needing approval · impatient
Kidney	security · loyalty · creative security	insecurity · disloyalty · procrastination
Gall Bladder	decisive · loved · free to choose	indecisive · abandoned · resentment
Liver	happy · content · free to change	anger · defensive · stuckness

EFT TAPPING POINTS AND MERIDIANS

Tapping Points	Meridians
Karate Chop	Small intestine · Heart
Top of Head	Governing
Eyebrow	Bladder
Side of Eye	Triple Warmth · Gall Bladder · Small Intestine
Under the Eye	Stomach
Under Nose	Governing · Large Intestine
Chin	Central or Conception · Stomach
Collarbone	Kidney
Under Arm	Spleen



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