

## **Acupressure Points Related Feelings**

Top of the Head - Meeting Place of 100 Yang Points  
Eye Brow - Bladder - Trauma, Frustration, Restless  
Side of the Eye - Gall Bladder - Rage, Resentment, Anger  
Under the Eye - Stomach - Anxiety/Fear, Nervousness,  
Craving  
Under the Nose - Governing Vessel - Embarrassment  
Under the Lower Lip - Central Vessel - Shame  
Collar Bone - Kidney - Anxiety, Insecurity  
Under Arm - Spleen - Anxiety, Fear of Future, Self-esteem  
Beneath Nipple / Top of Rib Cage - Liver -  
Unhappiness, Stress, Depression, Anger

## **Finger Points**

Side of the Hand - Small Intestine - Sadness, Reversals  
Thumb - Lung - Grief, Intolerance, Arrogance  
Index Finger - Large Intestine - Guilt  
Middle Finger - Circulation Sex - Jealousy, Addictive Cravings  
Below Knuckle of the Ring Finger - Fight/Flight/Fear  
Little Finger - Heart - Anger

