# Resource for Week 5: Frustrating Patterns

The ITM Team here is celebrating International Tapping Month (ITM) with a free EFT Tapping script, *Why Does This Keep Happening*, to help with Frustrating Patterns.

**WHY DOES THIS KEEP HAPPENING***

**SH:** Even though I keep on _____, and I feel _____ about it, I deeply and completely love and accept myself.
**EB:** I feel ____ because I keep on _____
**SE:** I feel ____ because I keep on _____
**UE:** I feel ____ because I keep on _____
**UN:** Why does this keep happening to me?
**CH:** Why does this keep happening to me?
**CB:** Why do I keep doing _____?
**UA:** Why do I keep doing _____?
**TH:** I keep on _____ and it makes me feel _____

Check in with yourself after this first round. Repeat if you are at a SUDS level of 3 or higher. If other feelings, thoughts or ideas come up, write them down and continue to tap on those if you feel comfortable doing so.

Please share this with your friends and family – and use the hashtag #tappingmonth or @tappingmonth on Facebook, Instagram and Twitter.)

*Disclaimer: With all alternative modalities, you must take responsibility for your actions and choices at all times, including the decision to use EFT Tapping and this script. If you feel you need to have it reviewed with your medical or health care professional before tapping, please do so.