Resource for Week 2: Money and Finances

The ITM Team here is celebrating International Tapping Month (ITM) with a free Money Block-Buster Tapping Script, *I Can't Afford It*, to help with Money and Finances concerns.

I CAN'T AFFORD IT*

SH: Even though I feel _____ because I can't afford _____, I deeply and completely love and accept myself.
EB: I feel ____ because I can't afford _____
SE: I feel ____ because I can't afford _____
UE: I feel ____ because I can't afford _____
UN: I feel _____
CH: I feel _____
CB: I can't afford _____
UA: I can't afford _____
TH: I can't afford _____ 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.