



**Free Resource for Week 4
Money and Finances: Medical Bills**

Today, let's talk about medical bills.

Have you had to see the doctor or have a procedure that has resulted in major medical expenses?

Receiving those medical bills in the mail – or just knowing that they're on the way - can feel stressful and cause overwhelm. And that's what today's EFT Tapping resource from the ITM Team is all about.

So let's do some EFT Tapping on those medical bills.

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This is provided merely as information.]

“Medical Bills”

Look at those medical bills and write down how you feel and what comes up for you. Then, write down the total cost. Also, write down what comes up for you after seeing the number. Where do you feel it in your body - if anywhere. Perhaps a memory has come up. Jot that down as well. Be sure to make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).

My Medical Bills:



“Medical Bills” - continued

Now, form your own set-up statement, using the following sample as a starting guide:

Even though I'm overwhelmed just thinking about having to pay these medical bills for XXX [insert what emotion you feel and the specific medical bill], I deeply and completely love and accept myself.

So just start tapping on the side of your hand as you say your set-up statement three times. Then use your chart below to do as many rounds as needed. Jot down whatever comes up for you on the backside of this worksheet. And take note of where you are on the 0 to 10 scale.

Here is a sample of what you can say for each tapping point (if you don't want to make your own), after your set-up statement:

I'm overwhelmed just thinking about having to pay these medical bills for XXX

- EYEBROW: _____
- SIDE OF EYE: _____
- UNDER EYE: _____
- UNDER NOSE: _____
- CHIN: _____
- COLLARBONE: _____
- UNDER ARM: _____
- TOP OF HEAD: _____

What, if anything, has come up for you? Has anything changed? What number would you say you feel about it now? Make sure to write down these things. Then, using the chart on the next page, tap again.



“Medical Bills” - continued

Here is another set-up statement sample and tapping round chart for your convenience.

Even though I'm really worried about how to pay \$ XXX for these medical bills for XXX [insert what emotion you feel and the specific medical bill], I deeply and completely love and accept myself.

What statement can you repeat for each tapping point? Write it next to each tapping point below.

EYEBROW: _____
SIDE OF EYE: _____
UNDER EYE: _____
UNDER NOSE: _____
CHIN: _____
COLLARBONE: _____
UNDER ARM: _____
TOP OF HEAD: _____

After completing this round of EFT Tapping, take a break! But, do take note of how you're feeling and where to continue in your next round.

Happy Tapping!
- The ITM Team

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