



Free Resource for Week 4
Money and Finances: Tuition

Today, let's talk about paying for tuition.

Do you have to pay for tuition this month? Next month? This semester?

Figuring out how to pay for tuition – whether it's yours or a loved one's - can be quite stressful if your financial situation isn't as secure as you'd like it to be – regardless of the current pandemic.

And that's what today's EFT Tapping resource is all about. It is from the ITM Team.

So let's do some EFT Tapping on paying for tuition.

[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.]

“Paying for Tuition”

Say “paying for tuition,” 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).

Paying Tuition:



“Paying Tuition” - continued

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

Even though I'm scared I won't be able to pay tuition of \$ XXX this month [insert what you feel and the exact amount - and aspect of - paying tuition], 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 scared I won't be able to pay tuition of \$ XXX this month

- 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.



“Paying Tuition” - *continued*

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

Even though I feel _____ [insert emotion or feeling] about paying \$ _____ tuition this month, 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