



“Spend” - continued

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

Even though I feel anxious and a flush in my chest when I say the word “spend,” [insert what you feel] 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 feel anxious and a flush in my chest when I say the word “spend”

- 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.
