



**Free Resource for Week 3**  
**Unexpected Life Interruptions: Losing a Loved One**

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**Today, let's talk about Losing a Loved One.**

**Losing a Loved One.**

Your loved one has died. Perhaps unexpectedly. There is possibly much grief, anger, regret, maybe even numbness.

So let's do some EFT Tapping for it.

*[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.]*

**Losing a Loved One.**

When you read or say this, what comes up for you? Where do you feel it in your body, if anywhere. Write down what's coming up for you below. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).

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

*Even though I am so \_\_\_\_\_ [emotion] about \_\_\_\_\_'s dying, I deeply and completely love and accept myself.*

So just start tapping. 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.

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**Losing a Loved One - continued**

Another set-up statement sample for your convenience.

*Even though I am so \_\_\_\_\_ [emotion] about \_\_\_\_\_'s dying, I deeply and completely love and accept myself.*

**Notes:**

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

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*Happy Tapping!*  
- The ITM Team