



Free Resource for Week 3
Unexpected Life Interruptions: Losing a Job

Today, let's talk about Losing Your Job (Unexpectedly).

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This is a major unexpected life interruption, isn't it? If you don't have savings, you may wonder how you'll be able to afford your lifestyle. You might even worry about what people will think. Perhaps you may also have to move. Losing your job is one of the most stressful things to have happen.

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 Your Job.

This phrase says a lot doesn't it? 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).

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

Even though I feel _____ [emotion] about losing my job and what it means for me in this moment, 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.



Losing Your Job (Unexpectedly) - continued

Another set-up statement sample for your convenience.

Even though I feel _____ [emotion] about losing my job and what it means for me in this moment, I deeply and completely love and accept myself.

Notes:

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.

Happy Tapping!
- The ITM Team