

## Free Resource for Week 3 Unexpected Life Interruptions: Getting Married & Moving In

## Today, let's talk about Getting Married and Moving In

Getting Married and Moving In.

For some, there is a lot of planning before the marriage. But these are unprecedented times, aren't they? And so, for others, getting married and moving in may be a huge unexpected life interruption. Even though getting married is exciting, there may be a lot of emotions swirling around.

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.]

## **Getting Married and Moving In**

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 getting married now, I mean I'm excited but I'm still, [emotion] and 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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## **Getting Married and Moving In** - continued

Even though I feel	[emotion] about moving in with	, and I'm excited - but I'm
still	_, [emotion] and I deeply and completely love ar	nd accept myself.
Notes:		
After completing these and where to continue i	rounds of EFT Tapping, take a break! But, do t in your next round.	ake note of how you're feeling

Happy Tapping!The ITM Team

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