



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.
