



Free Resource for Week 3 Unexpected Life Interruptions

An Illness or Injury

One unexpected life interruption is an illness or injury that occurs when one least anticipates it. That's what we'll be Tapping on today.

[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.]

We have prepared a sample set-up statement for you to use, and we hope it is helpful to you or someone you know. Repeat it three times while Tapping on the side of either hand. And then go on to the other points.

“Even though I can’t believe I just got sick /got injured, and not only do I feel the symptoms, but it’s stressful, that’s just where I’m at with it.”

EFT Tapping Points	Sample Phrases	Your Phrases
eyebrow (EB):	I can't believe I got injured	_____
Side of the Eye (SE):	I don't know how to manage	_____
Under the Eye (UE):	It's really stressful	_____
Under the Nose (UN):	It's so frustrating, now this?!	_____
Chin (CH):	I can't believe it, what now?!	_____
Collarbone (CB):	And, I don't feel good at all	_____
Under the Arm (UA):	I can't believe this happened	_____
Top of the Head (TH):	This is really stressful for me	_____

After Tapping for one round, jot down whatever comes up for you on the next page. And take note of where you are on the 0 to 10 scale. Tap for as long as desired, noting what comes up for you. Use these notes to continue on your own.



Write down what is coming up for you, and/or what/where you feel it in your body. Use it for your next Tapping round.

For another EFT Tapping round: What's your set-up statement? Is it the same or different?

(Before you start Tapping, you may want to drink some water. That's because the more hydrated you are, the more effective EFT Tapping will be. Other signs of a release, clearing, or shift, include but are not limited to thirst, burping, passing gas, and sleepiness.)

EFT Tapping Points

Your Phrases

Eyebrow (EB):

Side of the Eye (SE):

Under the Eye (UE):

Under the Nose (UN):

Chin (CH):

Collarbone (CB):

Under the Arm (UA):

Top of the Head (TH):

Happy Tapping for Week 3: Unexpected Life Interruptions!

- The ITM Team