



Free Resource for Week 3 Unexpected Life Interruptions

Unexpected Cancellation/Postponement of an Important Event

This past year-plus has created a lot of uncertainty – and with it cancellations or postponements of important events such as industry conferences, weddings, moves, reunions, and other major milestones.

So let's do some EFT Tapping on the uncertainties brought on due to the major unexpected life interruption of COVID-19.

[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.]

Some things which may be swimming around in your mind could include:

"Will I be able to attend/speak at that conference?"

"Should we postpone our wedding?"

"I can't believe my job offer got taken away because of this!"

"But, by then things will be fine, right? And I can still go to ___?"

As soon as you read those statements, what comes up for you? Where do you feel it? Be as specific as possible. For example, *"I really wanted to attend my sister's wedding, but I'm not sure I should hop on an airplane right now."* Or *"That job offer fell through because COVID has interrupted the world."*

Write down what your unexpected life interruption is below.

Now, write down what's coming up for you below. And, make note of how strongly you feel about your unexpected life interruption 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 anxious [insert your own emotion] /I don't like this uncertainty of not knowing what is next/what to do next because of this _____ [insert your unexpected life interruption], that's just where I'm at/ I deeply and completely love and accept myself.

What's your set-up statement?

Usually, we say this set-up statement three times while Tapping on the side of the hand. It's up to you.

So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)

EFT Tapping Points	Sample Phrases	Your Phrases
Eyebrow (EB):	I feel <u>anxious</u> about _____	_____
Side of the Eye (SE):	I don't know what to do now	_____
Under the Eye (UE):	I feel ___ about <u>this interruption</u>	_____
Under the Nose (UN):	I'm <u>anxious</u> about _____	_____
Chin (CH):	It's really ruined my schedule	_____
Collarbone (CB):	I don't know what to do now	_____
Under the Arm (UA):	I can't believe this is happening	_____
Top of the Head (TH):	This not knowing is _____	_____

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.



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!

- The ITM Team