



Free Resource for Week 3 Unexpected Life Interruptions

A Flat Tire or Other Travel Kerfuffle

Sometimes, an unexpected life interruption is as simple as a kerfuffle en route to some destination. And today, we're going to do some EFT Tapping for travel delays such as a flat tire or a canceled flight.

[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.]

Perhaps this has happened to you or someone you know – or maybe just keep this in your bag *in case* this happens one day...

Other possible travel kerfuffles:

- A companion bows out at the last minute
- Your intended host tells you not to come after all

Or, perhaps you have a travel kerfuffle which you are already dealing with – write it down below.

Now, write down what's coming up for you below. Do you feel it in your body? If so, where? And, make note of how strongly you feel about this 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 soooo unhappy [insert your own emotion] because I just got a flat tire and it's ruined my plans for the day [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 'm <u>unhappy</u> about <u>this flat tire</u>	_____
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>really frustrated</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 happened	_____
Top of the Head (TH):	I'm so angry about this flat tire	_____

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 for Week 3: Unexpected Life Interruptions!

- The ITM Team