



Free Resource for Week 3 Unexpected Life Interruptions

Unexpected GREAT News!

To wrap up Week 3 today, we're going to focus on unexpected GREAT news! You know, like an acceptance of some sort – or perhaps not one, but TWO job offers. Good news like this can also be stressful, right? So, let's start Tapping!

[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’m really happy about this great opportunity, I’m stressed out because now I don’t know what to do! -- and, that’s just where I’m at with it/I deeply and completely love and accept myself.”

EFT Tapping Points	Sample Phrases	Your Phrases
Eyebrow (EB):	I can't believe I got this!	_____
Side of the Eye (SE):	But now I don't know what to do	_____
Under the Eye (UE):	I was hoping, but didn't expect it	_____
Under the Nose (UN):	How shall I decide?	_____
Chin (CH):	Will I make the wrong decision?	_____
Collarbone (CB):	I'm really stressed out about this	_____
Under the Arm (UA):	Do I go for it? Do I decline?	_____
Top of the Head (TH):	I don't know what to do	_____

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