



Free Resource for Week 3 Unexpected Life Interruptions

An Unexpected Medical or Vet Bill

Yesterday's resource covered an unexpected illness or injury. So we thought that today, we'd continue with an unexpected medical or vet bill. So let's get started.

[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 stressed out because I just got this unexpected medical (or vet) bill and I don't know how I'm going to pay for it, that's just where I'm at with it."

EFT Tapping Points	Sample Phrases	Your Phrases
eyebrow (EB):	I'm so stressed about this bill	_____
Side of the Eye (SE):	How will I pay for it	_____
Under the Eye (UE):	I wasn't expecting this bill	_____
Under the Nose (UN):	Why did this happen	_____
Chin (CH):	I'm worried about this bill	_____
Collarbone (CB):	I'm really stressed out about it	_____
Under the Arm (UA):	I can't pay this right now	_____
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