



**Free Resource for Week 4
Business, Money, Finances**

Collections!

Are you so far behind on paying a bill that it's heading for – or is in – collections? Or perhaps you're being sent an erroneous collections notice. Either way, this kind of mail is really stressful, isn't it? 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 just can't handle this collections notice right now (and it isn't even accurate) and I feel it in the pit of my stomach, [where?] 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):	A collections notice? WHAT??!	_____
Side of the Eye (SE):	I can't handle this right now	_____
Under the Eye (UE):	I feel it in my <u>stomach</u> , it feels bad	_____
Under the Nose (UN):	I don't owe anything/I can't pay now	_____
Chin (CH):	It's because of <u>COVID</u>	_____
Collarbone (CB):	I would pay it if I could /I don't owe	_____
Under the Arm (UA):	This is the last thing I need now	_____
Top of the Head (TH):	I can't handle this notice right now	_____

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 4: Business, Money, and Finances
- The ITM Team