



Free Resource for Week 4: Day 28
Business, Money, Finances

Applying for a Loan

One thing about money is that perhaps you'll need more of it to pursue an endeavor, whether it's to help your business, pay off credit cards or even to buy a home. And that means applying for a loan, which, if you've never done it, can seem intimidating. So, let's start Tapping on that!

[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 want to apply for a loan, I’m feeling overwhelmed and don’t know where to start — 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 want to apply for a loan	_____
Side of the Eye (SE):	It seems overwhelming and hard	_____
Under the Eye (UE):	I don't even know what papers I need	_____
Under the Nose (UN):	I'm feeling pressure about this loan	_____
Chin (CH):	What if I don't get it? What then?	_____
Collarbone (CB):	I'm feeling overwhelmed and stressed	_____
Under the Arm (UA):	It seems like a really hard process	_____
Top of the Head (TH):	What if I don't get the loan? Yikes!	_____

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