



Free Resource for Week 4: Day 26 Business, Money, Finances

Getting Paid + Going After What's Owed to You

Yesterday, we talked about getting a collections notice in the mail. So today, let's use EFT Tapping for getting paid and going after what's owed to you. Sometimes, people and companies owe us money or other compensation. And for some of us, we like to avoid having this type of conversation with others. 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 ___ [who] owes me money, I’m too scared to bring it up, 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):	___ owes me \$___ for ___	_____
Side of the Eye (SE):	I’m scared to ask for it or bring it up	_____
Under the Eye (UE):	I feel my <u>chest</u> tightening up	_____
Under the Nose (UN):	I don’t know how to bring it up	_____
Chin (CH):	I’m afraid to ask for what’s due	_____
Collarbone (CB):	I don’t like confrontation, this isn’t fun	_____
Under the Arm (UA):	I’m scared because _____	_____
Top of the Head (TH):	I can’t make this call 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