



Free Resource for Week 5: Day 30 Procrastination, Failure, and Success

Failure and Imposter Syndrome

Can you believe it? We've reached Week 5 today with only two days left in International EFT Tapping Month 2021!

We're going to talk about feeling like a failure and touch upon the idea of imposter syndrome. Now, you may not *actually* be a failure or an imposter, but it's all in how we feel, right? 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'm afraid I'm a failure at _____ and I'm an imposter because I'm not really as _____ as people think I am — 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'm afraid I'm a failure, an imposter	_____
Side of the Eye (SE):	I'm not as great at ___ as people think	_____
Under the Eye (UE):	I don't deserve being called an expert	_____
Under the Nose (UN):	I'm afraid people will find out	_____
Chin (CH):	I'm such an imposter, who am I?!	_____
Collarbone (CB):	I'm afraid people will find out	_____
Under the Arm (UA):	I'm not good enough for any of this	_____
Top of the Head (TH):	I'm afraid I'm a failure, an imposter	_____



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 5: Procrastination, Failures, and Success
- The ITM Team