



ITM Free Resource for Day 14, August 14th, 2022

Today's Topic: *Covid Throw a Wrench in Your Plans?*

So you're swimming along and then someone in your family comes down with COVID-19. Halt. Record scratch. Whatever you had planned for the week is now up in the air, isn't it? (And yes, we're *sooo* sorry your family member is sick.)

So, let's do some EFT Tapping on it all today. As always, have some water handy as well as note-taking items.

[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.]

"Covid has really thrown a wrench in my plans for the week."

When you say this out loud, what comes up for you? Be as specific as possible. Or perhaps you feel something in your body, perhaps your chest. Make note of these things.

Write down what's coming up for you below. And, make note of how strongly you feel about everything on a scale of 0 (calmest) to 10 (most riled).

Then, form your own set-up statement, using the following sample and Tapping points round as a starting guide. Begin Tapping on the Side of Hand and say:

"Even though Covid has really thrown a wrench in my plans for the week and I'm feeling all sorts of things about it, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)

Side of hand:	See above, state three times	Chin:	What else am I feeling? Hmm...
Eyebrow:	<i>I have to change my schedule</i>	Collarbone:	My plans are out the window
Side of eye:	<i>I am on stand-by now for things</i>	Under arm:	This darn Covid, will it ever end?
Under eye:	<i>I'm feeling all sorts of things</i>	Top of head:	Covid's really thrown a wrench
Under nose:	Frustration, disappointment		

So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)



Jot down whatever comes up for you below. Take note of where you are on the 0 to 10 scale, with zero being calm and relaxed and 10 feeling really charged up about things.

Another set-up statement sample for your convenience for today's topic: ***Covid Throw a Wrench in Your Plans?***

“Even though I don’t like changes in my schedule, and it’s all because of Covid, it makes me feel _____ that’s just where I’m at.” (Or, “I deeply and completely love and accept myself.”)

Notes:

After completing these rounds of EFT Tapping for the theme of ***Covid Throw a Wrench in Your Plans?***, take a break! But, do take note of how you’re feeling and where to continue in your next round.

Happy Tapping!
- The ITM Team