



ITM Free Resource for Day 16, August 16th, 2022

Today's Topic: *I've Got a Test Coming Up!*

Taking tests is easy for some and rough for others. There's failure anxiety and plain ol' choking on Exam Day.

So, let's do some EFT Tapping on it 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.]

"I've got a test coming up, and I'm nervous about it."

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 I have a test coming up and I'm nervous 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:	<i>Sometimes I think it's hard...</i>
Eyebrow:	<i>I'm nervous about this test</i>	Collarbone:	<i>...And sometimes I think it's easy</i>
Side of eye:	<i>I don't know if I'll pass</i>	Under arm:	<i>I'm nervous about this test</i>
Under eye:	<i>What if I flunk it?</i>	Top of head:	<i>I'm a terrible test-taker</i>
Under nose:	<i>I'm sooo nervous about it</i>		

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: ***I've Got a Test Coming Up!***

"Even though I'm a terrible test-taker, and I'm really nervous about passing my test, 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 ***I've Got a Test Coming Up!***, 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