



ITM Free Resource for Day 18, August 18th, 2022

Today's Topic: *I Haven't Heard Back About That Job Interview!*

We thought we'd piggyback off yesterday's topic, *I Need to Get a Job*.

So, you've updated your résumé and landed some interviews. And now you're waiting to hear back. And waiting. And now you're getting worried that you won't get a call back.

Let's use some EFT Tapping for it! Let's begin, shall we? 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 haven't heard back about that job interview. I probably didn't get 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 haven't heard back about that job interview, and I'm worried I didn't get 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>I probably didn't get it</i>
Eyebrow:	<i>I haven't heard back about it</i>	Collarbone:	<i>I really wanted it</i>
Side of eye:	<i>They said I would hear by ___</i>	Under arm:	<i>But maybe they're just busy</i>
Under eye:	<i>I'm worried I didn't get it</i>	Top of head:	<i>The outcome is for my own good</i>
Under nose:	<i>I'm worried and nervous</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.)

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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 Haven't Heard Back About That Job Interview!***

"Even though I haven't heard back about the job, whatever the outcome may be, I have to have faith that it's for my own good, and 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 Haven't Heard Back About That Job Interview!***

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