



ITM Free Resource for Day 20, August 20th, 2022

Today's Topic: *I'm Nervous About Going Back to School!*

It's August, and for many it means going back to school!

But whenever a break is over, returning back to the swing of school—or *something*—can be overwhelming or can cause those nerves to kick in.

So, let's Tap on that! As always, have some water handy as well. Let's begin, shall we?

[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'm nervous about going back to school."

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'm nervous about going back to school, 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'm not sure I can get back to it</i>
Eyebrow:	<i>Going back seems daunting</i>	Collarbone:	<i>What if it's hard?</i>
Side of eye:	<i>I'm not ready to go back</i>	Under arm:	<i>What if I don't make friends?</i>
Under eye:	<i>I feel ready but somehow I'm nervous</i>	Top of head:	<i>I'm nervous to return to school</i>
Under nose:	<i>It's summer, I have to go back?!</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'm Nervous About Going Back to School!***

"Even though I feel overwhelmed about getting back to the grind of school, 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'm Nervous About Going Back to School!*** 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