



## ITM Free Resource for Day 21, August 21st, 2022

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### Today's Topic: *I'm an Empty Nester...What Do I Do Now?*

That's it. Your house is now empty. Your kids are not kids anymore and they're off to college or elsewhere. Or maybe there is another reason that you now have your home completely to yourself.

And you've been caring for them for so long, you're not sure what to do with the quiet and lack of daily tasks anymore. Or perhaps you're now sad. Or maybe feeling *something*.

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 an empty nester...what do I do now?"**

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).

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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 now have my house and my being all to myself, and I feel a little \_\_\_\_\_ about it, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)***

<b>Side of hand:</b>	See above, state three times	<b>Chin:</b>	<i>I'm an empty nester now</i>
<b>Eyebrow:</b>	<i>I have the house all to myself</i>	<b>Collarbone:</b>	<i>How will I fill this void?</i>
<b>Side of eye:</b>	<i>I don't know what to do now</i>	<b>Under arm:</b>	<i>Can I rearrange his/her room?</i>
<b>Under eye:</b>	<i>I feel sad [or _____]</i>	<b>Top of head:</b>	<i>I'm alone now. What do I do now?</i>
<b>Under nose:</b>	<i>What should I do? I don't know...</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.

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Another set-up statement sample for your convenience for today's topic: ***I'm an Empty Nester...What Do I Do Now?***

***"Even though I don't know what to do to fill the void after living with \_\_\_\_\_ for all these years and I feel \_\_\_\_\_ about it, that's just where I'm at." (Or, "I deeply and completely love and accept myself.")***

Notes:

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After completing these rounds of EFT Tapping for the theme of ***I'm an Empty Nester...What Do I Do Now?***, take a break! But, do take note of how you're feeling and where to continue in your next round.

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*Happy Tapping!*

- The ITM Team