



ITM Free Resource for Day 24, August 24th, 2022

Today's Topic: *Climate Crisis* | **Contributor:** Practitioner Denise Kleinman

The climate crisis evokes a variety of reactions including grief, despair, anxiety, fear, and ambivalence. This script addresses this range of feelings in a general way and is not intended for those directly experiencing these impacts.

After Tapping through once, dig deeper and Tap on those elements and phrases that resonate the most, focusing on whichever parts of the body hold this tension.

[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.]

**The Tapping Points Abbreviation Key is on Page 3.*

Setup Statement (while tapping on side of hand, say each statement):

"Even though climate change is a huge issue and feels so big, I accept myself and how I feel."

"Even though we're facing these big problems that can feel overwhelming and scary, I accept myself and the world as it is today."

"Even though I worry about the world future generations are inheriting and how they will handle it, I accept myself and my feelings."

Next, while Tapping on each point, say each phrase:

EB: Climate change is such a big issue.

SE: It feels overwhelming and scary.

UE: Really, really big and out of control.

UN: Not to mention the pandemic

CH: violence and prejudice

CB: and other heavy issues society is facing these days.

UA: These are huge burdens to grapple with.

TH: So much stress to handle when I allow myself to really think about it.

EB: Sometimes I'd rather pretend it isn't happening.

SE: Put my head in the sand like so many other people seem to be doing.

UE: Even though it's hard to face these challenges

UN: I honor myself for showing up.



Continue Tapping:

- EB:** For having the courage to acknowledge the overwhelm
SE: Because maybe it will help my stress
UE: And provide me with a clearer sense of what I can do.
UN: Both personally, and out in the world
CH: How do we know if we're doing enough?
CB: Are my individual actions enough?
UA: How will future generations cope?
TH: I feel fear and worry
EB: Will they be safe?
SE: Will I be safe?
UE: Will they be able to handle it?
UN: So many feelings of worry
CH: and loss.
CB: I allow myself to honor those feelings.
UA: Right here, right now.
TH: Honoring and feeling the fear, the worry,
EB: and maybe the anger in my body
SE: About what is happening already
UE: And what may happen in the future.
UN: The severe weather events – floods, droughts, wildfires and snowstorms.
CH: And their impact on our way of life.
CB: Allowing myself to honor and release this fear
UA: To know that I am safe right here, right now
TH: Releasing this fear in my body wherever I may be holding it
EB: It may be in my chest, my gut,
SE: my shoulders, my heart, or another place I'm feeling this constriction right now.
UE: Choosing to feel safe and release this fear, worry, and anger from my body.
UN: Inviting these feelings to move through and leave my body.
CH: I now choose to feel safe and grounded in this moment in time.
CB: Knowing that when I feel safe and grounded
UA: When I feel at peace
TH: I have compassion for others
TH: And clarity around steps I might take to create positive change.
TH: Feeling safe and grounded in my body, right here, right now in this moment
TH: Ready to calmly face whatever this day holds.

- Denise Kleinman, EFT Universe Practitioner



Tapping Points Abbreviation Key:

- EB:** Eyebrow (at top of nose, between the eyebrows)
- SE:** Side of the eye
- UE:** Under the eye
- UN:** Under the nose
- CH:** Chin
- CB:** Collarbone
- UA:** Under the arm
- TH:** Top of the head