



# ITM 2022: Tapping for Getting Unstuck

## Contributor: Robin Friedman

***Fill in your inner responses, then tap around the points while saying them aloud:***

### **I really feel stuck about (Intention)**

And on a 0-10 scale, I'm stuck at about a:

When I think about this, I feel it in my body:

*In my gut, in my back or in my shoulders*

And it feels like:

*A pressure, a burning, a stabbing*

When I think about moving forward:

*I feel stuck in concrete, or in mud, or like a tangled knot*

I want to do/be/have (Intention) because:

It will feel good to have (Intention) because:

I would love having (Intention) because:

I would feel bad about not having (Intention) because:

If I don't move toward (Intention) I will feel:

### **And I love myself anyway.**

*Take a breath and re-rate that feeling of stuck, did it go up or down? Either way is fine, just notice*

It is overwhelming to (Intention) because:

It might be scary to (Intention) because:

There's a part of me that doesn't want to do it because:

A person who does (Intention) is:

How my family would feel about me getting (Intention):

What my new identity will be when I (Intention):

### **And I love myself anyway.**

Chunking down:

(Too many steps is overwhelming.)

What specifically do I need to do next?

What specifically do I need to do next?

What is the easiest specific next step?

What is the easiest specific next step of that?

5-10 reasons why I want to accomplish - make it clear and vivid, specific:

I remember when I did get something like this done, it was when: \_\_\_\_\_

And I felt: \_\_\_\_\_

*Take a breath and re-rate that feeling of stuck, did it go up or down? Either way is fine, just notice*

### **End with Positive Permission Statements:**

I give myself permission to move forward, and permission to wait until the right time if needed

I give myself permission to move forward, even if I don't know how

I give myself I give myself permission to move forward, a little at a time

I give myself permission to move forward, at the perfect pace and time

I give myself permission to move forward, and get all the inspiration I need to accomplish this

I give myself permission to feel free

I give myself permission to be and live in the flow, authentic to myself, and in gratitude.

*Happy getting in the flow,*

- Robin

