



**ITM Free Resource for Day 4, August 4th, 2022**

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**Today's Topic: *Dealing with a Difficult Co-Worker***

Was work tough today because of a difficult co-worker?

Well, let's do some EFT Tapping for that today. 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.]*

**"It's really stressful having to deal with my co-worker \_\_\_\_\_[insert name]."**

When you say it and think of your coworker, 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 as a starting guide:

***Even though working with \_\_\_\_\_ [insert co-worker's name] is so stressful, and it makes me feel \_\_\_\_\_ [describe it], that's just where I'm at. (Or, "I deeply and completely love and accept myself".)***

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 on the next page. 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: **Dealing with a Difficult Co-Worker.**

*Even though I don't understand why \_\_\_\_\_ [insert name] is so difficult/doesn't do his/her/their job, and it makes me feel \_\_\_\_\_ [describe 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 **Dealing with a Difficult Co-Worker**, 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