



**ITM Free Resource for Day 5, August 5th, 2022**

**Today's Topic: *Wishing You Weren't Afraid of Driving***

Do you have to drive even though it's hard and you wish you weren't afraid to do it?

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.]*

**"I wish I wasn't afraid of driving because then I could \_\_\_\_\_ [insert activity]."**

When you think of being afraid of driving, 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 wish I wasn't afraid of driving because then I could \_\_\_\_\_ [insert activity] that's just where I'm at. (Or, "I deeply and completely love and accept myself".)***

- |                      |   |                     |                                    |
|----------------------|---|---------------------|------------------------------------|
| <b>Side of hand:</b> | See above                                 | <b>Chin:</b>        | If I didn't fear driving           |
| <b>Eyebrow:</b>      | <i>I wish I wasn't afraid of driving</i>  | <b>Collarbone:</b>  | I wish I wasn't afraid to drive    |
| <b>Side of eye:</b>  | <i>If I weren't afraid, I could _____</i> | <b>Under arm:</b>   | I would go on road trips and _____ |
| <b>Under eye:</b>    | <i>I wish I didn't fear driving</i>       | <b>Top of head:</b> | I wish I wasn't afraid to drive... |
| <b>Under nose:</b>   | Life would be so much easier              |                     |                                    |

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.

---

---

---

---

Another set-up statement sample for your convenience for today's topic: **Wishing You Weren't Afraid of Driving.**

*Even though I don't want to drive while I'm afraid to do it, I feel \_\_\_\_\_  
[describe it] about it, and 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 **Wishing You Weren't Afraid of Driving**, 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