



ITM Free Resource for Day 11: August 11, 2023

Today's Topic: *Was It Something I Said?*

Have you had a recent exchange with someone only to then feel as though later the air has shifted between you? Walking away noticing the energy changed and you can't quite put your finger on it, thinking it might have been something you said?

So, let's Tap on it! As always, wash your hands and have some water handy. 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 resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]

"Was It Something I Said?"

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).

Then, form your own set-up statement, using the following sample and one Tapping points round as a starting guide. Begin Tapping on the Side of Hand and say:

"Even though I'm worried it was something I said and that's why they're not talking to me, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)

Side of hand:	See above, state three times	Chin:	<i>Why aren't they talking to me now?</i>
Eyebrow:	<i>Was it something I said?</i>	Collarbone:	<i>I hope they didn't take it that way</i>
Side of eye:	<i>I don't know why it's different</i>	Under arm:	<i>The air has definitely shifted</i>
Under eye:	<i>But something's changed</i>	Top of head:	<i>I'm worried it's something I said</i>
Under nose:	<i>Was it something I said</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.

Another set-up statement sample for your convenience for today's topic: **Was It Something I Said?**

“Even though I can’t put my finger on it, I think it was something I said, and it makes me feel _____, 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, **Was It Something I Said?**, 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