



## ITM Free Resource for Day 12: August 12, 2023

---

### Today's Topic: *Frustrated Over Feeling Job Desperation*

Do you wish you could have a job or earn money doing what you love instead of feeling so desperate you feel you have to take any gig that comes along? Or, are you feeling like you can't yet leave your job even though your heart isn't in it?

So, let's Tap on that! 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.]*

### **"I'm Frustrated Over Feeling Job Desperation."**

When you say this out loud, what comes up for you? Or make your own statement. But, 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 frustrated that I'm working this job out of desperation, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)***

<b>Side of hand:</b>	See above, state three times	<b>Chin:</b>	<i>Why can't I do something I love?</i>
<b>Eyebrow:</b>	<i>I'm frustrated about my job</i>	<b>Collarbone:</b>	<i>I'm frustrated by job desperation</i>
<b>Side of eye:</b>	<i>I feel it's out of desperation</i>	<b>Under arm:</b>	<i>I rather work at something I love but</i>
<b>Under eye:</b>	<i>I had to take it, I don't like it</i>	<b>Top of head:</b>	<i>I must do this job but I don't love it</i>
<b>Under nose:</b>	<i>I'm frustrated I feel desperate</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.)

**International EFT Tapping Month · [www.InternationalTappingMonth.com](http://www.InternationalTappingMonth.com) · [@tappingmonth](https://twitter.com/tappingmonth)**

©2023 International EFT Tapping Month. All Rights Reserved.



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: **I'm Frustrated Over Feeling Job Desperation.**

*"Even though I'm frustrated and feel \_\_\_\_ because I feel like I have to take work out of desperation to pay the bills, 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, ***I'm Frustrated Over Feeling Job Desperation***, 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