



ITM Free Resource for Day 13: August 13, 2023

Today's Topic: *Dogs: I'm Afraid of Thunderstorms*

Did you know that you can use EFT Tapping for animals? And that the Tapping points are basically the same? Today, we'll help our fur babies with their fear of thunderstorms.

As always, wash your hands and have some water handy for you and your dog. Let's begin, shall we?

[Make sure you take responsibility for your actions—and for your dog's 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.]

Dogs: "I'm Afraid of Thunderstorms."

When you Tap on your dog, first get them used to the sensation of the Tapping, gently. See how it is received. If you feel it's best to Tap on yourself for your dog, then you can do that, too. All you have to do is state that you are Tapping for your dog and say your dog's name. "I am Tapping for my dog, Fido."

You can make a note of how strongly you think your dog feels about everything on a scale of 0 (calmest) to 10 (most riled).

Then, form a set-up statement, using the following sample and one Tapping points round as a starting guide on your dog. Begin Tapping on the Eyebrow Point and say:

"Even though I'm scared of thunderstorms, 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>It's so loud and scary</i>
Eyebrow:	<i>I'm afraid of thunderstorms</i>	Collarbone:	<i>I don't like thunderstorms</i>
Side of eye:	<i>The noise is so scary</i>	Under arm:	<i>It's so scary</i>
Under eye:	<i>I'm scared and shaking</i>	Top of head:	<i>I know I'm inside, but I'm still scared</i>
Under nose:	<i>I'm afraid right now</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: **Dogs: I'm Afraid of Thunderstorms**

"Even though I'm scared right now because of the thunderstorm, 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, ***Dogs: I'm Afraid of Thunderstorms***, But, do take note of how your dog is feeling and where to continue in your next round.

Happy Tapping!

- The ITM Team