



**ITM Free Resource for Day 14: August 14, 2023**

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**Today's Topic: *I Don't Like Doing Household Chores***

Some people cannot stand to do the dishes or empty out the dishwasher—or even tend to the laundry or the trash. Which household chores do you dislike doing? Because, well, there's a Tap for that!

So let's get started. 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 Don't Like Doing Household Chores."**

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).

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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 don't like doing household chores, 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>Doing the dishes is the worst</i>
<b>Eyebrow:</b>	<i>I don't like household chores</i>	<b>Collarbone:</b>	<i>I really don't like doing the laundry</i>
<b>Side of eye:</b>	<i>I can't stand doing the chores</i>	<b>Under arm:</b>	<i>It's so _____</i>
<b>Under eye:</b>	<i>I don't like doing the dishes</i>	<b>Top of head:</b>	<i>I can't stand doing ___ because ___</i>
<b>Under nose:</b>	<i>I don't like taking out trash</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.)



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.

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Another set-up statement sample for your convenience for today's topic: **I Don't Like Doing Household Chores.**

*"Even though I cannot stand doing household chores, 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, ***I Don't Like Doing Household Chores***, 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