



ITM Free Resource for Day 15: August 15, 2023

Today's Topic: *My shoulder is Stiff, Achy, Maybe Frozen*

Today we're going to address discomfort in the shoulder as many people have stiffness, aches, and pain there. Some even have what's called "frozen shoulder." If a different part of your body is exhibiting these same symptoms, then feel free to Tap for it.

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.]

"My Shoulder is Stiff, Achy, Maybe Frozen."

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 feel stiffness, some aches and some pain in my R/L shoulder, 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>My shoulder is stiff, achy</i>
Eyebrow:	<i>My R/L shoulder is stiff, achy</i>	Collarbone:	<i>I can't move it so well these days</i>
Side of eye:	<i>I can't move it as well now</i>	Under arm:	<i>I feel pain in my shoulder, it's not fun</i>
Under eye:	<i>My shoulder is painful, too</i>	Top of head:	<i>My shoulder bothers me, it hurts</i>
Under nose:	<i>It may even be "frozen"</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: **My Shoulder is Stiff, Achy, Maybe Frozen.**

“Even though my R/L shoulder really bothers me because it doesn't __ like it used to, 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, **My Shoulder is Stiff, Achy, Maybe Frozen**, 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