



## ITM Free Resource for Day 18: August 18, 2023

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### Today's Topic: *I Should See a Doctor, But...*

Do you need to see a doctor but something is holding you back? Perhaps fear of judgment? Or maybe you're afraid of the outcome or being brushed off with your concerns?

Well, let's Tap for 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.]*

### **"I Should See a Doctor, But..."**

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 should see a doctor about \_\_\_, I'm afraid that \_\_\_, and 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>I don't want to make the call</i>
<b>Eyebrow:</b>	<i>I should see a doctor about ___</i>	<b>Collarbone:</b>	<i>I know I need to see a doctor, but...</i>
<b>Side of eye:</b>	<i>I just can't seem to call...</i>	<b>Under arm:</b>	<i>It's just that if I go, I'm afraid that ___</i>
<b>Under eye:</b>	<i>Honestly, I'm afraid that ___</i>	<b>Top of head:</b>	<i>I should see a doctor, but I ___</i>
<b>Under nose:</b>	<i>If I go, I fear that ___</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 Should See a Doctor, But...**

*“Even though I’m scared to see a doctor about \_\_\_ because \_\_\_, and I can’t sleep right now, 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 Should See a Doctor, But...*** 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