



ITM Free Resource for Day 19: August 19, 2023

Today's Topic: *I Stay Up Too Late!*

Are you always staying up late, but wishing you could go to bed earlier each night? And every morning, you feel the effects of not getting enough sleep?

Shall we Tap on that now? 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 Stay Up Too Late!"

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 stay up too late, and I wish I could go to bed early, 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>Why do I stay up so late? I'm tired!</i>
Eyebrow:	<i>I stay up late, it's a problem</i>	Collarbone:	<i>This pattern isn't helping, it's rough</i>
Side of eye:	<i>I just can't seem to go to bed</i>	Under arm:	<i>I want to sleep earlier, but...</i>
Under eye:	<i>I'm up too late, it's not good</i>	Top of head:	<i>I should go to bed before midnight!</i>
Under nose:	<i>If only I could go to bed early</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: **I Stay Up Too Late!**

"Even though I can't seem to go to bed at a decent hour, 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 Stay Up Too Late!***
But, do take note of how you're feeling and where to continue in your next round.

Happy Tapping!

- The ITM Team