



ITM Free Resource for Day 24: August 24, 2023

Tapping for Living with a Chronic Condition

From [Practitioner Jude Weber](#)

Living with a chronic condition can be challenging.

And as much as we might want to live in acceptance of what is, it's so important to give ourselves the opportunity to honor exactly how we feel. Especially in the moments that we might feel limited by our condition, in pain or discomfort, or even feel trapped.

It can be so easy to slip into feeling like a victim. And, at times, it can just feel like that—and that's OK, too. When one is navigating this way of life, acknowledging where we are at, exactly as we are, without apology, can often be the medicine in the moment!

So let's Tap on it!

[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.]

Set-up Statement:

Even though living with this condition can be really challenging, I honor everything I'm experiencing.

Even though I really don't want to sound like a victim, navigating this way of life can feel limiting at times, and I give myself permission to express how I feel.

Even though sometimes I feel trapped by this condition, I offer myself the medicine in this moment of acknowledging where I'm at.

Top of the Head: This condition is challenging

Eyebrow: I can often feel limited by it

Side of Eye: Sometimes even trapped

Under the Eye: I don't want to sound like a victim and I'm afraid to even say those words

Under the Nose: Though it's OK to feel this way,

Chin: I'm honoring exactly how I feel, giving myself permission to say it out loud

Collarbone: That the journey with this condition has been hard



From [Practitioner Jude Weber](#) - *continued*

You can continue to Tap as is, or take each one of these feelings or experiences and Tap on each of them, one by one, or explore what other emotions might be there- maybe there's sadness, or grief for how long it's been- or frustration or anger. The intention is to allow yourself to have what you're having, to express your relationship to the condition and how it makes you feel.

NOTES:

—Jude Weber

<https://www.judeweber.com>

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