



ITM Free Resource for Day 25: August 25, 2023

Today's Topic: *Feeling Bad About Saying No*

Do you over-commit and say, "Yes" when you would rather say, "No"? And then when you *do* say no, do you feel bad about it? Do you worry about what others think?

So, 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 Feel Bad About Saying No!"

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 bad about saying, "No," 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>But now I feel bad about saying no</i>
Eyebrow:	<i>I feel bad about saying no...</i>	Collarbone:	<i>Maybe I should have said yes</i>
Side of eye:	<i>What will they think of me?</i>	Under arm:	<i>And now I feel bad for saying no</i>
Under eye:	<i>Do they hate me for saying no</i>	Top of head:	<i>I feel really bad about saying no</i>
Under nose:	<i>I really didn't want to say yes</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.)

International EFT Tapping Month · www.InternationalTappingMonth.com · [@tappingmonth](https://twitter.com/tappingmonth)

©2023 International EFT Tapping Month. All Rights Reserved.



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 Feel Bad About Saying No!**

“Even though I hope they don’t hate me because I said, ‘No,’ 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 Feel Bad About Saying No!**

But, do take note of how you’re feeling and where to continue in your next round.

Happy Tapping!

- The ITM Team