



**ITM Free Resource for Day 27: August 27, 2023**

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**Today's Topic: *I'm Having Issues with My Neighbor***

Is everything fine with your neighbor(s)? Or did something happen, causing a slight—or grave—rift? Are things just not the same?

Well, let's Tap on 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'm Having Issues with My Neighbor!"**

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'm having issues with my neighbor, and it really bothers me, 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>Something's different now, not good</i>
<b>Eyebrow:</b>	<i>My neighbor and I are not fine</i>	<b>Collarbone:</b>	<i>We have real issues between us now</i>
<b>Side of eye:</b>	<i>I'm having issues, it's not good</i>	<b>Under arm:</b>	<i>I wish it were back to normal already</i>
<b>Under eye:</b>	<i>I'm bothered, it's not the same</i>	<b>Top of head:</b>	<i>I'm having issues with my neighbor</i>
<b>Under nose:</b>	<i>We used to be on good terms</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'm Having Issues with My Neighbor!**

*"Even though things are not the same with my neighbor, and it makes me \_\_\_\_, 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'm Having Issues with My Neighbor!**, take a break.

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

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*Happy Tapping!*

- The ITM Team