



ITM Free Resource for Day 2: August 2, 2023

Today's Topic: *I'm Worried About the Rising Cost of Groceries*

The cost of food has risen, at supermarkets and restaurants, without any signs of slowing down. And when we heard that it's on the minds of folks, we knew we had to include it this year. For some, it's the idea that some stores are charging more just because they can *on everything* now; it's adding up and in the back of our minds.

So, 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 is provided merely as information.]

"I'm Worried/Angry/Upset About the Rising Cost of Groceries."

When you say this out loud, what comes up for you? 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'm worried about the rising cost of groceries, and I feel ____ about it, 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>I'm worried about the cost of food</i>
Eyebrow:	<i>I'm worried about the cost</i>	Collarbone:	<i>Why is the store raising prices</i>
Side of eye:	<i>Food shouldn't be this much</i>	Under arm:	<i>I'm a little ___ if I'm honest about it</i>
Under eye:	<i>It's like I can't buy everything</i>	Top of head:	<i>I am resisting paying more!</i>
Under nose:	<i>I wish I could afford more</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'm Worried About the Rising Cost of Groceries***

"Even though I get all riled up when I think about how much the price of groceries is now, and I feel _____ about it, 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 of ***Rising Grocery Costs***, take a break! But, do take note of how you're feeling and where to continue in your next round.

Happy Tapping!

- The ITM Team