



ITM Free Resource for Day 4: August 4, 2023

Today's Topic: *My Kids Aren't Listening to Me!*

Have you had one of *those* days recently? When your children are ignoring you and not listening to a thing you say, seemingly? Frustrating times as a parent or caregiver, right?

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.]

"My Kids Aren't Listening to Me!"

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 my kids aren't listening to me, and I'm really angry and frustrated 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 so angry and frustrated</i>
Eyebrow:	<i>I'm so angry and frustrated</i>	Collarbone:	<i>Why are they ignoring me?!</i>
Side of eye:	<i>I'm so frustrated</i>	Under arm:	<i>I'm also feel ___ if I'm honest about it</i>
Under eye:	<i>They're ignoring me, it's awful</i>	Top of head:	<i>Why aren't they listening to me?!</i>
Under nose:	<i>My kids aren't listening to me!</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.

Another set-up statement sample for your convenience for today's topic: **My Kids Aren't Listening to Me!**

"Even though my kids aren't listening to me right 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 **My Kids Aren't Listening to Me!**, 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