



ITM Free Resource for Day 5: August 5, 2023

Today's Topic: *I Know I Should Go to the Doctor...*

Do you have something you need to have checked out and know you should probably make an appointment to see a physician? What's holding you back from doing so? Judgement? Fear? Prior bad experience? Inertia? Whatever your reason might be for not wanting to go, it might be time to address it.

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 Know I Should Go to the Doctor..."

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 know I should go to the doctor, I don't want to make an appointment because ____, 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 just too busy to go right now</i>
Eyebrow:	<i>I know I need go to the doctor</i>	Collarbone:	<i>Why haven't I made an appointment</i>
Side of eye:	<i>I should go but I don't want to</i>	Under arm:	<i>It's just that I feel _____</i>
Under eye:	<i>Last time, it wasn't good</i>	Top of head:	<i>I know I should go to the doctor now</i>
Under nose:	<i>I'm afraid/I don't like _____</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 Know I Should Go to the Doctor...**

“Even though I know I should go to the doctor, I’m afraid _____, 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 ***I Know I Should Go to the Doctor...***, 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