



ITM Free Resource for Day 6: August 6, 2023

Today's Topic: *Going Out to Eat in a Group: Bill-Splitting Anxiety*

If you have no problem splitting the bill no matter the amount, skip this one. However, if you're like 70% of the people polled on this topic, splitting the bill at the end of group dinners out on the town can be stressful through the entire meal. Whatever your reason for feeling the anxiety of how you're going to handle things, it's no fun, is 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.]

"Going Out to Eat in a Group Gives me Anxiety about Splitting the Bill!"

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 want to go out to eat with my friends, I worry about being able to split the bill fairly, and 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>What if they think I'm cheap?</i>
Eyebrow:	<i>I don't want to worry about it</i>	Collarbone:	<i>Why is it always uneven?</i>
Side of eye:	<i>But I don't want to over-pay</i>	Under arm:	<i>Splitting a group check is stressful</i>
Under eye:	<i>I don't want to get into a fight</i>	Top of head:	<i>I don't want to go out to eat!</i>
Under nose:	<i>Splitting the bill is stressful</i>		<i>Why do I have to subsidize them?!</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: **Going Out to Eat in a Group: Bill-Splitting Anxiety**

“Even though I could split the bill with everyone, I don’t order as much as everyone else, and it’s unfair that I have to subsidize them, 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 **Going Out to Eat in a Group: Bill-Splitting Anxiety**, 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