



ITM Free Resource for Day 7: August 7, 2023

Today's Topic: *I Feel Like I Don't Fit In, But I Want To*

If you've ever felt like you don't fit in within a group, at a function, or any other time, then today's free Tapping resource is for you.

Ready to 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 be a diagnosis. It is provided merely as information.]

"I Feel Like I Don't Fit In, But I Want To..."

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 feel like I don't fit in with/at _____, 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 feel like I don't fit in, and it's awful</i>
Eyebrow:	<i>I don't fit in with/at _____</i>	Collarbone:	<i>I don't want to go to the meeting</i>
Side of eye:	<i>I don't belong and feel left out</i>	Under arm:	<i>I'm here, but I don't feel a part of it</i>
Under eye:	<i>I feel like an outsider</i>	Top of head:	<i>I just don't fit in, I feel _____ about it</i>
Under nose:	<i>I'm too _____ for the group at _____</i>		<i>I feel like I don't belong at/with _____</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: **I Feel Like I Don't Fit In, But I Want To...**

*"Even though I feel like I don't belong with/at ____, 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 ***I Feel Like I Don't Fit In, But I Want To***, 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