



ITM Free Resource for Day 8: August 8, 2023

Today's Topic: *I Am Anxious to Fly*

Does the idea of travel excite you, only if you didn't have to fly on a plane? There are many aspects to being anxious about flying, and so we'll Tap on the anxiety of it today.

Are you ready?! 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 to be a diagnosis. It is provided merely as information.]

"I Am Anxious to Fly."

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 anxious about flying, 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 don't like flying because ____</i>
Eyebrow:	<i>I feel anxious to fly</i>	Collarbone:	<i>I feel anxious to fly</i>
Side of eye:	<i>I don't like flying to travel</i>	Under arm:	<i>I feel it in my ____, just thinking of it</i>
Under eye:	<i>I get anxiety when I think of it</i>	Top of head:	<i>I feel anxious to fly when traveling</i>
Under nose:	<i>I feel anxious thinking of ____</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 Am Anxious to Fly**

“Even though I don’t like flying because _____ and it makes me feel _____, 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, ***I Am Anxious to Fly***, 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