



Jessica Ornter: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ornter. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

Nick Ornter: Hi everyone, Nick Ornter here. I know you're surprised to hear my voice because in every other interview you've heard my sister Jessica introduce the topic and the amazing guest, but now the roles are reversing and I'm so happy to be your host in this next session as we get to hear from Jessica. Trying to lose weight can be an often heartbreaking process. If past failed attempts have left you disappointed and exhausted, I am glad that you are here. Today you're going to learn a whole new way to approach weight loss and body confidence that hopefully will lead you to take a nice sigh of relief while discovering how to get real, lasting results. Now, let me formally introduce my sister.

Jessica Ornter is the New York Times Best-Selling Author of *The Tapping Solution for Weight Loss and Body Confidence* and she is a producer of *The Tapping Solution* film. She has led more than 8,000 women through her revolutionary weight loss and body confidence 7-week online program and she has been the host of all 9 Tapping World Summits. I can't believe it's already been 9 and I can't believe that next year is 10. She is also the host of the iTunes podcast *Adventures in Happiness*. Jess, it is so lovely to have you here.

Jessica Ornter: Hello, it is so nice to be in this role. I am really excited; we're going to have fun.

Nick: We are going to have fun. I mean, are you sure you're up for it? I mean, I know you're a great interviewer but we're going to see your chops as a guest.

Jessica: Yes, I am up for the challenge.

Nick: Great, well thank you for being here. So Jess, tapping and weight loss, it seems a little funny. It's like, why are we doing this for the exercise? So tell me why you think tapping is so effective when it comes to weight loss.

Jessica: Yeah, absolutely. There are two main reasons, and just thinking now on how to start, I actually would love to let people know why I am so passionate about this topic, and these two reasons why it's so important to begin to use tapping if we have the goal to not only lose weight but to feel better in our body, to have a

whole new relationship with food and exercise. I had been using tapping on so many things, but I wasn't using tapping on the one thing in my life that was creating the most pain. And that was my relationship with my body, and this desire to lose weight, that I had probably since I was 13 years old, and the reason I wasn't using tapping in the beginning was because, like so many people, I was completely brainwashed to believe that the only way I could get results was by pushing myself, was by depriving myself, was by getting on to a diet. I believed that there was a secret to weight loss and if I kept jumping from one diet to another I would discover some magical food or the perfect diet. And every single time I was disappointed, and that disappointment was overwhelming. I cried so many tears.

I was just thinking about this morning, Nick, I don't know if you remember but years and years ago, Mom convinced us all to go to Mexico in August. And if I can give one extra tip for the Tapping World Summit, no matter how affordable the tickets are, do not go to Mexico in August because it's miserably hot, but that's beside the point. My mother convinced her adult children to take this family trip and I was on the plane and here I am with this amazing opportunity to go to Mexico on a vacation, to be on the beach. Yes, it was very hot, but I still had the chance to be on the ocean, and on the plane I burst into tears, because I hated needing to be in a bathing suit, even though it was just family. The idea of having my body exposed in any way, my feelings about my body were so overwhelming that I couldn't enjoy this amazing opportunity.

So when it comes to my passion about weight loss, it's not just about weight loss, it's about gaining your life back. Because if you've struggled with your weight the way that I have, it's so much more than the weight, it is about your confidence, it is about the way you view yourself and your value, and I had been putting off my happiness, because I felt that I had to first lose weight in order to deserve anything good in my life. So I share that because if you resonate with that message at all, I really encourage you to use the tapping.

So to answer your first question, Nick, how is tapping effective for weight loss? Like you said, it's not that big of a workout to tap on these points, so it's not for the workout. There are two main reasons, tapping obviously impacts your stress and even by simply participating in the Tapping World Summit, and we have had people write in for the last 9 years during the Summit, sharing weight loss results, even though their main focus wasn't even weight loss. They just participated in the Summit, and it was just this happy side effect. The reason is that when we are

stressed, we have overproduction of a hormone called cortisol. Cortisol is great and we need it, but an overproduction creates a lot of problems. This overproduction is directly related to abdominal fat. So here we are, stressing about losing weight, stressing about a diet, and that very stress is impacting our ability to lose weight.

Stress creates havoc on the body, it impacts your immune system and your endocrine system and your nervous system. Stress impacts your ability to absorb nutrients, so you're eating healthy foods but you're not able to absorb all of it because you're so overwhelmed with stress. And dieting creates a lot of stress. I am an expert, or I was an expert in that, and I can tell you it creates a lot of stress. So we have to look at this in a new way and we really have to look at stress relief if we have the intention and the desire to lose weight.

The second reason is that our emotions impact our behaviors, and we know this because if you are like me in the past when I was really upset, I would find myself eating, standing up in front of the kitchen cabinet. Our emotions impact the actions that we take. They impact the action around food choices that we make. It impacts cravings, binge eating. Also emotions really impact our relationship with exercise. If every time you've tried to do some new workout and there is this mean person in your head saying 'you were never good at this, you are too fat, you can't keep up, this is embarrassing,' that impacts the emotions and the relationship we have with exercise and no wonder we can't ever stick with it, because doing it is so incredibly painful. If we want to really make a change in our life, if it's not pleasurable it's not going to be sustainable. And all of these past weight loss attempts, they've never felt pleasurable. It's always been about pushing and depriving.

So if we can change our relationship with eating well, with exercising, with our stress and how we treat ourselves, we're going to be able to get lasting results.

Nick: I love it, such a different approach from what we normally see out there, but it makes total sense. I know a lot of people listening are nodding their heads yes and starting to recognize and maybe remember all the times that they have failed in the past and all the stress that came with it, and what a miserable experience food and dieting and exercise has been for most people. But I know we're going to start changing that in a big way today.

You focus a lot on body confidence. Your book and your program, it's not *The Tapping Solution for Weight Loss*, it's *The Tapping Solution for Weight Loss and Body Confidence*. That seems like such an important component to me. What does body confidence really mean?

Jessica: Yeah, I always feel like the title should be *The Tapping Solution for Body Confidence and Weight Loss*, but it almost sounds better the other way. But the truth is the body confidence has to come first. We build this story that one day I will be happy and I will feel confident, once I lose this weight. We have it backwards. We have to begin to feel confident in our body in order to take the steps forward to be able to get the results we want. So what does it really mean to be confident in your body? Body confidence is really about honoring your body for being the home to an incredible soul. Body confidence is about building a healthy relationship with your body and becoming your body's friend instead of feeling like you have to fight against your body to get what you want.

So when we really have this goal of losing weight we have to start with the body confidence so that we have the courage and the faith within ourselves to begin to look at our life and our choices. I was thinking just how much my life has changed because the pattern of dieting was such a big part of my life that it was hard to even imagine my life without it. What was interesting about the pattern is that even when I lost weight, because I would do diets and I would lose weight for a very short amount of time, which happens when you stop eating - most diets work for like three days and then you're miserable and you stop. So I would lose some weight, and I realized that even when I would lose some weight, I still didn't feel good enough. I still had this story that it had to be more or I still was so scared of gaining weight, it was just this really unhealthy relationship with my body. I really noticed how things changed when something happened to me that in the past would have really triggered me.

I went last year to Russia with my mom, so my mom and we try to do, every once in a while, a mother-daughter trip, because we are outnumbered by the boys in the Ortners. So we like to just -

Nick: And because you guys are the only ones that want to go to Russia and China and on all these crazy adventures.

Jessica: Yes, we go to really crazy places. We went to Russia and right before going to Russia I had a big move. At that time, I moved to the central coast with my then-

fiancé. So there were a lot of changes going on, and Russia is an amazing place to travel, it has a great history. The time zone is a bit brutal though, and I had a really hard time adjusting and I wasn't sleeping, and sleeping impacts your weight. If you are really looking to lose some weight you have to start looking at the way that you're sleeping.

So I get back from Russia and I don't weigh myself, because I could go on for like an hour about how I think the scale is so outdated and silly, but I tried on my jeans, and they didn't fit, they would not button. It was like that commercial that you see when they are like, 'I've gained weight,' and it's like a person struggling to button up their jeans. That was me, after I got back from Russia. If anyone has a reason to feel pressure about not gaining weight, it's someone who wrote a New York Times Best-Selling book about weight loss and body confidence. But, in that moment I was like, wow, this is an opportunity to practice what I preach. Before, I would have spiraled out of control. Before, you would have found me hiding underneath my clothes in the closet crying, because I would have had so many emotions, and so much shame.

This time, it was interesting, it was like I had just done a major move, I went to Russia, I didn't sleep well. I gained some weight, cool, it wasn't even a big thing. It was just like okay, let me get back to what I know, let me get back to self-care. Then I lost the weight so easily, and my jeans fit. It sounds like a silly story, but for someone who has had such a long history, like I have, of the diets and the panics, that was a moment in my recent past that I was like, wow, this tapping, it rewires the way that you look at your body and the relationship, because, listen, as we age, our body changes. If we're going through menopause, our body needs different things that it did before. Our body is this living and breathing thing, it's us, and it's evolving. So we have to find moments of peace so that we can find what works for us. When we are feeling panicked and overwhelmed, we are not able to be resourceful and figure out something that can really support us.

So this isn't about a single diet plan, it's about how can we always check in with our body and have that confidence to be like, 'Body, I got you. What do you need? I'm here for you.' Instead of criticizing it, and having that panic and having that shame. We've got to rewrite that story.

Nick: That's beautiful and I love that story. It reminds me of a similar experience that I had working with a client and it wasn't on weight loss, but I think you'll appreciate this and see how that moment in time when you were kind to yourself

applies to everything we're doing in our life. I was working with a mother and she was talking about how she was taking care of herself and she was doing all these - we all know about self-care, right? She was loving herself and she was positive talk and all these things, and she's like, 'It's just not working, why is this happening?' And then we kept talking further and further and she talked about an experience she had with her husband, and they were sitting there on the couch and during that experience she could hear the mean girl in her head, like wake up. It was yelling at her and being so mean and being mean to her husband. I said to her, 'That's the moment when self-love and self-care matters.' It's not when you're getting a massage, I mean go get a massage and it's easy to love yourself when you're getting a massage, that's the easy thing.

Jessica: Yes, but can you love yourself when your jeans don't button?

Nick: That's it, that's that moment, right? Yeah, that's when it happens. I know when you first started talking about body confidence and the importance, I could hear and feel inside the brains of a lot of people listening. They are saying, 'Yeah, okay, I get it, but I can't do it. Let me just lose the weight and then I'll be confident, right? Yes, I agree with you logically, you're right, I should love myself, blah, blah, blah, but I refuse to.' So how do we get past that? I know you faced that same challenge, it all sounds good, but how do I actually do it?

Jessica: Yes, and this is why I love tapping, because we can learn this information but we need to have an experience because these beliefs are so ingrained in us. We feel them with our whole body, so that's where the tapping comes in. One of the best things to start is actually honoring that voice, that's like you know what? I don't love myself. You know what, like I feel like I have to panic in order to lose weight. We're going to do some tapping and let me explain this pattern that we run because I think it's going to be helpful if people begin to reflect, to see if this is showing up in their life. And it happens a lot with weight loss but you might also reflect and go, oh, I do the same thing when it comes to money or any other struggle. I call this the pattern of panic.

So using weight loss, this was my story, this was my pattern of panic. I would panic, it starts with, step one, panic. I would be looking in the mirror, I would have an event coming up or something, and I would just begin to panic. So I would feed the panic, and I would feed the panic by saying things like, 'You better get your act together, this is embarrassing, you have to change, you're ruining your own life.' Just this really awful, critical voice that was feeding into that

panic. And that pressure I was building, with all of this criticism, would lead me to take some action. I would start a diet, I would start a workout plan. I would jump into something, and it would be very strict and I would be depriving myself.

So that's the beginning of this cycle, and so a lot of people who don't want to let go of the panic, they don't want to let go of it because they point to a past experience and they go, 'No, Jessica, look, this last time I panicked I actually did start this diet. It didn't last, but I started it.' Now, what happens is that we start that diet and we're taking temporary action and because we haven't dealt with the pressure and the emotions and because we have all of these strict rules, we just get exhausted. We just get really tired and we get really resentful. Like, why do I have to be on a diet? There are all these skinny people and they don't look like they're on a diet. You just get annoyed and you get resentful and what you do in order to relieve that pressure, really, is you just quit and you release that pressure by reverting back to self-sabotaging patterns. You go back to binge eating at night, because in that moment when it's 10:30 and you're eating by yourself, sitting on your kitchen counter, you feel some relief. Like let's be honest, it feels good for a moment. Okay, all that pressure of being perfect is gone and then the guilt sets in, that's why it's the pattern of panic, it's the cycle. Then we go back to the panic and we go back to the critical voice and creating pressure, we take some temporary action, we get resentful. We quit by going back to self-sabotaging behaviors.

The way to begin to break this pattern is to first tap on the panic we feel when we think, 'Oh, I need to lose weight yesterday.'

Nick: Just a quick pause, the word panic, I totally understand what you're talking about and the picture you're painting, I imagine that - describe panic for me, because maybe some people think of panic as like freaking out, and sometimes it's more subtle, right? That people are panicking but they wouldn't say, 'Well, I'm panicking right now.'

Jessica: Yes, well I was a freak-outer - I just invented the word, a freak-outer. I would just be like, 'Oh my God, ah!' So it can happen like that. And it can also happen like, yeah, subtly, where you can just feel it in your body and sometimes it comes like this heavy weight where you're just like, 'Oh man, this again?' I have to go to this stupid high school reunion looking like this? It can feel different, but it's definitely an emotional charge, just looking at your current situation and going, 'This really sucks.'

Nick: Yeah, okay, continue.

Jessica: So I want you to think, for those who are listening, notice if you are running this pattern and maybe right now, when you think about, 'I need to lose weight,' do you feel that panic? And do you feel like - is there a part of you that believes that you have to put pressure on yourself? Are you almost scared of not being mean to yourself because you're scared that it will mean that you won't care and you will just go back to old patterns? That's a common fear, people go, 'I have to be mean to myself, I have to feel this pressure or else things will never change.' This whole idea with tapping, of accepting and loving where we are, is very hard for someone who has years of struggling with weight loss, because their thought is, 'Are you kidding? I don't want to accept this; I want to change it.' But in order to really change we have to accept who we are, where we are, and how we're feeling. Then we have the freedom to move forward.

So notice now, when you think about, 'I have to lose weight,' that panic, notice where you feel it? For me it would be my chest and my stomach. Where do you feel it? It could be your stomach, your chest, your back, even your knees. It doesn't matter, there is no right or wrong answer, just check in with your body and notice any sense of panic. Maybe the panic is angst, maybe there is another word that you want to give the emotion, and you can do that too. Maybe some sadness can even come up, but I want you to focus on that very common emotion that you feel when you feel like you're just very disappointed, and you feel like something needs to change.

Nick: What's the place you go first when you think about losing weight? What's the emotion that you feel first?

Jessica: Yes, exactly. And there is definitely a lot of sadness there, I will tell you, but it's not usually the first emotion we feel. Most of the time we feel more angry and frustrated and that panic, those tend to be the stronger ones. So anger, frustration, panic, whatever you want to label it, just give it a label and measure it from a scale from zero to ten, and notice where you feel it in your body. Let's just begin to do some tapping, giving that a voice, giving that pattern a voice. What do you think, Nick?

Nick: I think it sounds great. So they have focused in on their body, and have given it a number from zero to ten. Why is it so important to give it that zero to ten number?

Jessica: There are two reasons. One is that you might find that you go from an eight to a seven, and that is really powerful information because it lets you know that just by tapping you're making progress and so it can be very encouraging. The second reason is because sometimes, this sounds ridiculous but it's true, and I will work with someone and they will be at a ten and if I don't have to measure it, you know they are at a ten because they are crying or you hear it, then they tap and feel so relaxed, and they go, 'Well, I wasn't really that upset anyway,' because they are so disconnected at that point. So it's good to measure. Actually, there is a third reason, sometimes when we begin to tap the number will even go up, and that tends to happen when we really pinpoint what is bothering us. Sometimes we start tapping, and as we're tapping we gain this clarity of oh no, this is really what is going on. Then that number will go up and that is such great information because it is showing you that you've got it, you are on the mark, and that is what you need to tap on.

Nick: I love it, let's do some tapping.

Jessica: Okay, so let's tap and we're going to focus on this belief that I can't relax until I lose weight, I can't be happy until I lose weight. The biggest thing is I've got to panic, I can't relax. So tapping on the side of the hand and for all of you who are listening, tap and repeat after me. You too, Nick.

Side of Hand Even though I can't relax until I lose the weight
 I love and accept myself
 Even though I cannot be happy until I lose this weight
 I love and accept myself
 Even though part of me believes
 That I have to panic in order to make a change
 I love and accept myself.

Eyebrow This panic
 Side of Eye I feel it with my whole body
 Under Eye I need to punish myself
 Under Nose Feeling all of this pressure
 Under Mouth This pressure to change
 Collarbone This pressure to lose weight
 Under arm All of this anger
 Top of Head All of this panic

EB All of these past disappointments
SE It's overwhelming
UE And I feel it with my whole body
UN Weight loss is so stressful
UM And part of me believes
CB That I have to punish myself in order to get results
UA Part me believes, that if I'm not mean to myself, I won't change
TH So I have been holding on to this panic

EB I have been holding on to this pressure
SE Because I'm scared to let go
UE I want to make this change so badly
UN I desperately want to lose weight
UM And part of me believes
CB I need to feel this pain and this pressure
UA But I'm so tired, I've been running this pattern for so long
TH And I'm tired

EB As I give myself permission to relax
SE I slowly open myself up, to new ideas
UE This approach hasn't been working
UN I open myself up to a new way
UM It is safe to let go of this panic
CB Because right now and right here, I am okay
UA Right now and right here, I matter
TH Right now and right here, my voice can be heard

EB I have so much to give to this world
SE I have so much happiness to feel
UE And I give myself permission to feel it
UN I am open to the idea
UM That by loving who I am
CB It will be easier to take care of myself
UA It's easy to take care of what you value
TH And I value myself and my body

Okay, take a deep breath in.

Nick: All right, so what are people feeling now? What do they do after a couple of rounds of tapping?

Jessica: So a few things could have happened. One is that you feel your shoulders relax, you feel your whole body relax, and you might be even getting some ideas. It's really important that when we start to get ideas, even if they don't make sense in the moment, just if we think of a person or a resource or something after tapping, we write it down. We really are tapping into our wisdom when we are able to release this stress and really connect with ourselves. The other thing that might have happened is that a lot of emotions came up. Suddenly you begin to realize, wow, I really have been so hard on myself. And that is something that we may want to come back to this interview and do that tapping again. I think an important point that we tapped on just now, is this idea that we take care of what we value. If you have a beautiful car that you love that's like unique and custom-made, you are washing that car and you are taking care of it. You are looking underneath the hood and giving it what it needs.

It's so much easier to take care of what we value and the challenge is we're not valuing our bodies, we're not valuing ourselves. We're saying, 'You know what Body? I will value you, once you change.' No, value your body now. Notice what your body is doing for you. Create that relationship with your body, befriend your body. It is waiting for a friend. It is waiting for some support. When we value our body and we create a loving relationship before anything physically changes, all those healthy habits, all the things we have to do, they're more pleasurable. Because if you love your car, you like washing it. You like looking at the engine when you love your car. So we have to begin to value our body first and this is building a relationship. You're not going to tap once and go, done.

If you've struggled with this, it's about in those moments, going back, when you can't button your jeans and going, all right, am I going to panic or am I going to tap? Am I going to give my body what it needs, which is love?

Nick: That is such an amazing point. I am going to just mentioned going back to this, right? That tapping works really fast but it's not like you're fixed now. We're all like okay, I tapped, now is this issue fixed? What do you recommend? Obviously you have some resources in the workbook, can you tell me about the resources in the workbook that sort of helped with this?

Jessica: Yes, what I did in the workbook is I put tapping scripts that you can automatically turn to whenever you need some help. So there is an extended version of this tapping script to help release the pattern, and there is a tapping script to help you begin to have a conversation with your body, to discover what your body needs. You need to be your body's ally, and we have to begin to listen. This isn't something that happens once, we have to listen to our body for our whole life. One thing, I was just teaching in an event and I shared this, and a few people came up to me and said that it made a big difference in their life. A lot of times we have this idea when it comes to weight loss that there is a finish line, and diets are kind of set up like that. Usually with a diet it's like a 30-day plan, after 30 days, you're done! You're fixed, you've got it.

You have your body for the rest of your life, so it's not about one diet or one workout, it's how can I learn to love and take care of my body in a way that's sustainable, because I have to do it every day. People who are in shape and feeling great, they have a commitment to their body and it becomes so much easier once you just built that pattern. But we have to get rid of this idea that there is a start and there is a finish line, because when we do that we try to be perfect the entire time and we try to be very strict, and what we do when we diet is we stop communicating with our body. There are certain foods that are not good for me. I eat them and now that I am connected with my body I can feel that they are not working for me. Before I didn't have that, I just did what people told me. We are all individual.

Nick: And they all told you different things, right?

Jessica: They all told me different things, so that also got me mad. I was like, 'What am I supposed to do? Somebody tell me.' What you have to do is listen and ask your body really what it needs. I know it's not a sexy answer, it's not as great as being able to say, 'Take this pill, do this for 15 days,' but it's really the most amazing thing because you just opened up your life to so much more. This isn't even about your weight, it's about your value, it's about - even when we were tapping I said, even where I am, I can speak up. I can be heard. I can give to this world. The reason that weight is often so painful is not the literal fat cells. The reasons it's emotionally painful is because we have a story that we're not of value until something changes. We must see that value first.

So to answer your question, we have the workbook. But what do you do when the pattern comes up? This is something that's interesting because when you begin to

tap, you're really able to kind of stop the pattern in its tracks. You get rid of the emotional charge, but even after the emotional charge is gone, you have to really also begin to exercise your positive thinking, in a sense, like how you want to begin to communicate with your body.

I know for me, my default, whenever I feel at my emotional weakest is to blame my body. It's like on ridiculous things and it has nothing to do with my body, but somehow when I'm feeling very vulnerable or weak, I will say things like - I will hear this voice, 'Oh, it's because you're not pretty enough. You're not skinny enough.' And now, if I ever notice that, because everyone, even the experts, have moments when they feel vulnerable. It doesn't have the same power, I'm like, 'Oh that's that thing that I used to do.' There is not the judgment and the shame, it's like, oh, that doesn't have the same charge anymore. So I can let that thought go, and now focus on really how I want to feel. I think that's important to bring up because sometimes when we repeat a pattern we go, 'Oh my goodness, nothing has worked.' But if we're now able to be aware of what we're doing and we have tapped so we don't feel the charge, that's when it's easy to let it go.

Nick: That makes a lot of sense. So that first round or two of tapping we did was the stress response, right? Calming that initial pattern of panic. And you said there were two steps. There was the stress response and then there was the behavioral stuff. So can we take a quick look at some of that behavioral stuff? Like how to tap on cravings and sort of more of the nitty gritty of it?

Jessica: Yeah, absolutely. So when you tap on cravings, the first thing, which is so simple, is you can literally just tap while focusing on the craving. Sometimes people hesitate to tap on their own because they think, 'Well, I don't really know what to say, I don't know if I'm doing it right.' You can literally just say, 'I really want those Twizzlers, I really want that chocolate. This craving for chocolate in my body, I feel it in my whole body.' A great place to start, because sometimes when we are feeling that craving, it tends to be when we feel at our emotional weakest. And sometimes it takes us a second to go into the whole tapping, because I talk about this with Cheryl during the Summit - when you're panicked, you're not your adult, resourceful self. You're like a scared child who doesn't know how to tap yet.

That's why a lot of times when we feel like we're having a hard time, and then we look back, we're like why didn't I do what I knew would help? Why didn't I do the tapping? So one of the first steps is to just begin to have awareness of your body

and how you're feeling, and it can be as simple as just simply tapping on your collarbone point and saying, 'Even though I have this craving, I accept myself.' Or, 'I even accept how I'm feeling.' I've noticed that if you just start like that, then it lets you go deeper into okay, let's do the setup statement, let's do some real rounds. But sometimes in the moment when that craving hits, it's good just to go to one tapping point, and become aware of your body, then it's easier to go into the more extensive tapping.

Nick: Got it, so you're saying - any particular reason why you're starting with the collarbone point?

Jessica: Everyone tends to have a point that feels extra sensitive. So I've noticed through all the years of tapping that my point has changed. Before it was underneath the eye and I would just feel a lot of relief, and now it's the collarbone. So when I say collarbone, I mention that because it's a point that you can really easily access. You can tap on your collarbone in public and people won't look at you strange. If you're tapping on the top of the head, you might get the side eye. So really, it's just because it's convenient, so whatever point feels like a point that you really enjoy, or if you're in public, a point that just feels convenient.

Nick: That's great, so it's like start on that point just to not complicate things, right? To bring in a little bit of peace.

Jessica: Yes.

Nick: I love that.

Jessica: Exactly, and then you go into the tapping and you just say, 'I want this chocolate, this chocolate.' So the first step is just symptom tapping, which is just go with it, talk about how you feel, 'The craving in my stomach, the craving in my stomach, the craving in my stomach,' that might be all it is. So that's the first thing, basic symptom tapping. Then if we want to go a bit deeper, a question to ask is 'what am I really craving?' Sometimes, when I worked with a mother, and the only time she had for herself was when she ate, so she called that the mommy munchies. She would find time to eat because she was craving a way to relax. Eating in that moment was benefitting her. When we're doing something we stick to something because at some level we're getting a benefit, even though it can cause us long term pain. Having that awareness that, wow, I really need a break, then you can begin to start tapping on, 'Even though I'm really craving a break, I deeply and

completely accept myself.' And eyebrow point, 'I have been so hard on myself,' side of the eye, 'All this pressure I put on myself,' under the eye, 'I don't allow myself to have a break,' under the nose, 'So I turn to food.'

You know, having that awareness and having that conversation is really powerful, and also sometimes you just realize, 'oh okay, I just need to lie down on the couch for a second.' You are able to fill that craving, in a healthy way, because now you're aware of it instead of thinking about it when you're halfway through a bag of something. So step two is what am I really craving?

Then another thing to look at, is to ask yourself what story are you creating around the food? This was a big one for me - chocolate was everything to me, like everything. I would say if it wasn't - like for a dessert, if it wasn't chocolate it didn't count as a dessert. It had to have chocolate. But I would have this real excitement and enthusiasm around chocolate. And it was something, as a child, I would sneak off with one of our family members and eat chocolate. And there was this just indulgence and excitement, so I had a story around it. So what was interesting is when I began to tap on my craving for chocolate the actual craving went away but there was a part of me that was like, 'Yeah, but I still want it.' So when I ask myself, okay, what is that, yeah, but I still want it, what do I really want? I had this story that the only way to feel real pleasure and excitement was to eat chocolate.

So I still eat chocolate, but I don't idolize the experience. I don't make it like this is the most amazing thing. I realize that so much of what I was craving and what I wanted, wasn't the sugar and the cocoa and all that stuff, it was just the feeling of indulgence. So how can I feel that excitement and that pleasure in my life without being dependent on a food?

Nick: Yeah, that makes sense.

Jessica: So I want to start doing some tapping, and when it comes to - can we stay on the topic of overeating? Kind of a habit around overeating, with some tapping?

Nick: Absolutely, yeah.

Jessica: So this is something that is very common, and I call it rebellious eating. I really realized what a common pattern this was when I was working with a client who was home, I think it was Fourth of July, she went to visit her father. She had lost

weight through tapping and she was telling him how happy she was and all of the breakthroughs that she was having, even besides losing weight, just by doing the tapping. And her father said, 'Oh good, it'd be good for you to lose some weight.'

Nick: Oh, jeez.

Jessica: And in the moment she was like, you know, F you. She didn't say that out loud, it was in her head, but she was like, 'You know what? I'm sick of not being good enough for you. I'm sick of feeling like I have to be a certain way in order to be valued.' I think women especially feel this, and we are, as a society, becoming more aware of the pressure - and men feel this too, but the pressure that women feel when it comes to how they look and the value that they have to give. One of the stories that I share often that was a big one for me was I had a mentor when I had just turned 20 tell me that I was fat and nobody was going to listen to what I had to say until I lost weight. So sometimes you have a mentor directly say this to you. Sometimes you just feel it from our society and you get to the point where you're like, 'I am sick of not being able to be perfect for you. I am sick of feeling like I have to work so hard to be approved of.'

In that moment, we rebel. We're like, 'You know what? I'm done. I'm sick of this stupid game.' And we rebel by eating, and by sabotaging ourselves. The only person we really hurt in that situation is ourselves. But there is some pain there and it's really important to tap on any frustration and anger we feel. This habit, is very common for perfectionists, people who feel like if it's not perfect it's not worth it. They will do a diet, it's not perfect, and they go, 'You know what? I'm rebelling. I can't do it perfect enough anyway, I'm done, I'm rebelling against this pressure of having to do this.' So I think this is just a great thing to do some tapping on and kind of get rid of that charge.

Nick: Absolutely. So what are some questions that people can ask themselves? How can they recognize - I know people are nodding their heads yes and saying yeah, that's what I do, rebel. Give me some other ways that they can sort of feel into this.

Jessica: A lot of times it's a comment about our weight that we heard as a child, when we felt like we couldn't be good enough unless we changed. Then the rebelliousness was kind of healthy in the sense that we were like no, I don't want to be defined by this. The challenge is, it's leading to unhealthy habits, that lead us to gaining weight, something that we don't actually want. A lot of times it's triggered by certain comments. It's triggered by comparisons. You see someone else, a sister, a

family relative, have some success around weight loss, and you think, 'I can't ever live up to that, I'd rather just rebel against it.' There are so many situations but it's really that feeling of like, screw this, I'm tired, I'm done, I'm sick of the pressure to look a certain way, to be a certain way. I just want to be myself and I want to eat whatever I want.

Nick: Yeah, it almost seems to me like this is, in some ways, the other side of the pattern of panic, right? That we panic and then when that doesn't work we say, 'Oh, forget it all,' and we swing in the other direction.

Jessica: Yes, and sometimes another trigger is - and for people who don't have this personal experience they might think that this is crazy, but a lot of times I hear from women, and I felt it too, that when we have some success and someone says, 'Oh, you look like you lost weight,' there is this trigger of like, 'So you thought I was fat before?'

Nick: I know, women deal with it but it's not just women. People have told me, 'Oh you look great, did you lose some weight?' and that's the first thought that goes through my head. Oh man, how fat was I before that you noticed?

Jessica: Yes, and the other side of that is, 'why are you looking at my body? Like, why do you care? Why do you have to congratulate me on that?'

Nick: But we obviously just notice, and people are well-meaning.

Jessica: Completely well-meaning, but it's like they have this nice little feather and they're trying to give us this caress of, 'Oh, you look great.' But we have a massive wound and when you touch a feather to a massive wound, it stings. So we're not going to change the feather, we can't impact what other people are saying, but we have to heal that wound.

Nick: That makes sense. Let's do some tapping.

Jessica: Let's do some tapping, okay. So just think about that rebelliousness, I'm sick of this, I just want to quit, I'm so frustrated, I just want to do whatever I want. Think about that feeling, is it anger? Whatever it is, maybe it's a sound, ugh, that's what it feels like, but notice it in your body and give it a number on a scale from zero to ten. Check in and let's do some tapping.

Side of Hand Even though I am so angry and frustrated
 And I just want to do whatever I want
 I accept myself and how I feel
 Even though I am so tired of all of this pressure
 And I want to rebel
 I accept myself and how I feel
 Even though I am so tired of this pressure I put on myself
 I accept myself and how I feel

Eyebrow This pressure I put on myself
 Side of Eye This pressure put on me by others
 Under Eye I can never be good enough
 Under Nose I can never be skinny enough
 Under Mouth So what's the point
 Collarbone Even when I try, it doesn't feel good enough
 Under arm And I am tired
 Top of Head And I'm sick of it

EB And I want to eat whatever I want
 SE And I want to eat a lot of it
 UE Because it feels like rebellion
 UN Rebelling against those words
 UM Rebelling against these expectations
 CB Since I can't meet those expectations
 UA I am rebelling against them by carelessly eating
 TH It feels so good to be bad

EB In that moment I feel powerful
 SE It feels freeing to rebel
 UE But only for a moment
 UN Then the pain sinks in
 UM This isn't really what I want
 CB I am just sick of the pressure
 UA I am tired of trying to please everyone
 TH Because it never feels like it's good enough

EB So this rebelliousness feels good for a moment
 SE And then the pain sinks in
 UE This isn't really what I want

UN I just want to feel free
UM I just want to feel in control
CB I just want to feel good enough
UA And I'm open to the idea
TH That I can begin to feel good now

EB I am open to the idea
SE That I take care of my body
UE Simply because I value myself
UN I don't have to be perfect
UM I don't have to eat perfectly
CB I just need to be present
UA I just need to have my own back
TH I just need to support my body

EB Simply because I deserve it
SE I begin to take care of myself
UE Because I value myself
UN And every day, I value myself a little more
UM I don't need to be perfect to value myself
CB This is my God-given right
UA I am valuable
TH And I have my own back

Okay, take a deep breath in. Great, so just check in again with your body. When you notice that your shoulders, again, have relaxed. If you got any ideas while we were doing that tapping, a lot of times when we tap on this rebelliousness and we tap to release the pressure, we begin to revisit the things that we want to do, say exercise or eating better. And we approach it in a whole new way where it feels empowering, and it feels easy, and it feels like something that we're not doing because we feel like we have to change, it comes from a place of valuing yourself.

A big thing that we just did, Nick, you might have noticed that I ended that tapping with, 'I have my own back.' That is an important thing to come back to again and again, because so often when we are feeling vulnerable that's usually the time when we turn to food. It's when we are feeling our most vulnerable, and when we are vulnerable, we have so much judgment around how we're feeling and we think, 'Ugh, I can't believe I let them trigger me again. I can't believe I'm feeling this again. I can't believe I'm in this old pattern again.' When we begin to ,

in that moment, like I have said before, that moment when we feel our weakest, when we can just know that we have our own back, when we can be there for ourselves, we won't have that need to rebel. Because when we're rebelling it's because we want to rebel against someone else and do what we want. But when we can say, 'I have my own back. I'm going to do what's good for me,' then we're able to do these healthy things and we don't need to have this unhealthy rebelliousness of overeating and going against what we truly want.

Nick: Yeah, that makes so much sense. So we covered a lot today, the pattern of panic, and did some tapping on that. Then we looked at cravings and I know we didn't get to tap on cravings but you're going to put some resources for people in the workbook about that, right?

Jessica: Yes, absolutely.

Nick: That way they can know here is what they can turn to to tap on the cravings. Sometimes we need that little guidance and we looked at this rebellious streak and I'm sure people have started to uncover some of the different layers that are happening here that, as you said from the beginning, weight loss isn't just about calories in and calories out, and exercise and eating the perfect food and being perfect about everything, that there is a deeper level and awareness. And you know, Jess, I have seen you go through the journey, especially in the last ten years of doing tapping.

Jessica: Are you going to make me cry? Don't make me cry.

Nick: It's interesting, you were talking in the beginning about how you didn't look at it initially, and it makes sense. The truth is that most of our healing lies in the places we don't want to look. They're uncomfortable, they're painful. And often times when I talk to people I say, 'Yeah, when you don't have a tool to move this energy, to change these thoughts, to transform, what's the point of looking at it? You're just going to fail.' So you just say, 'Let's bury it down deep because I can't do anything about it and it's just painful to look at it.' What I love about tapping and what you did is when you go into that pain and it doesn't have to be forever and it doesn't have to be painful, we have a tool to move it and actually process it through the body. And I have seen the results in your life and just how happy and comfortable and confident you are today. I'm proud of you as my little sister.

Jessica: Thank you.

Nick: And I love your story about Russia because as I was talking about it earlier, to me that's the moment - can we love ourselves when we have 'failed', when something didn't go the way we wanted it to? Or did it? You had a great time in Russia, you put on a couple of pounds, who cares?

Jessica: Right, exactly.

Nick: And you enjoyed Russia and you weren't miserable the whole time going, 'Oh my gosh, I'm eating this but I'm going to pay the price later.' You could have ruined your whole trip, just like you -

Jessica: Did in Mexico.

Nick: Did in Mexico, right. All these lessons traveling around the world. So Jess, can we end with maybe some positive tapping, just for people to feel empowered? I know they feel that way already but maybe just a round or two to send us off, feeling strong and confident in our bodies?

Jessica: Definitely, and I want to say again I think it's always the most powerful when you focus first on how you're feeling, even if it's not positive, and we've done that. So we've done that kind of groundwork and I mentioned earlier that when we begin to end a pattern, we have to replace it with something else. You can't just stop thinking, you replace a thought with a different thought. So let's kind of move into that and we'll do some positive tapping. But we're going to start by tapping on the eyebrow point.

Eyebrow	I have been putting my happiness on hold
Side of Eye	And it's been exhausting
Under Eye	I have been putting my happiness on hold
Under Nose	Because I believed I needed to lose weight first
Under Mouth	But now I'm beginning to understand
Collarbone	That right now and right here, I can feel good
Under arm	Before anything changes, I can see my value
Top of Head	I have gone through so much

EB	And I have such a big heart
SE	I honor my body
UE	For being the home to an incredible soul



UN I see how much I have to give
UM I see my value
CB And I see everything my body does for me
UA It does so much for me and I never thank it
TH It's hard for someone to feel good, when they're constantly being criticized

EB And that's what I've been doing to my body
SE I now choose a new way
UE I create a supportive environment for my body
UN I love and support my body
UM I encourage my body
CB And I allow myself to feel good now
UA I have everything I need inside of me
TH Everything I need to feel good now

All right, take a deep breath in, feeling great. It feels good to feel good.

Nick: Jessica, you make a pretty good guest. I'm impressed.

Jessica: Should I do all of them? All 20 days? Just kidding, I love interviewing.

Nick: Well, why don't you just interview yourself? That makes it easier for everybody.

Jessica: Oh, man.

Nick: Well, thank you, Jessica. This was an amazing call with so much insight. I know people are really excited about using tapping to change their journey and their experience with weight loss and body confidence and to have you as their guide along the way. I can't think of a better guide.

Jessica: Thank you. I'm sending so much love to everybody that is listening. And I'm so excited to know that you have this information, so now that you have it I encourage you to use it and to just feel good now. Thanks, Nick.

Nick: Thanks, everyone. Keep tapping.