

Jessica Ortner: Welcome to this tapping meditation titled The Courage to Shine, Releasing the Fear of Criticism. This is Jessica Ortner from TheTappingSolution.com. When we are struggling with low self-esteem, we do almost anything to avoid being criticized or judged. In other words, we hide and we feel it isn't safe to be ourselves. In order to truly feel like we can be ourselves, we need to begin to care less what other people think and more about what we think. As the famous saying goes, to avoid criticism, do nothing, say nothing, be nothing. This tapping meditation was designed to support you to release the fear of criticism so you can experience the courage and freedom to be yourself. Try new things and stand out. If you are new to tapping, visit us at TheTappingSolution.com to learn the process.

A quick note before we start. We tend to fear criticism we have experienced in our past. When we can release the emotions from past events when we were criticized it directly impacts the way that we react to any criticism in the present and any fear of being criticized in the future. Also, notice your own critical voice. We often self-inflict the criticism that we fear. The more specific you can be with your particular experience, what you're feeling, what happened, what you believe, the better your results are going to be with the tapping. This tapping meditation was designed to help you get started.

We are going to start by focusing on the fear. So as we tap we release the physical sensation that thought creates and then move on to some more empowering statements. Let's begin now by taking three deep breaths. Inhale through your nose, exhale through your mouth. Inhale, and exhale. Inhale and exhale. Tapping on your karate chop point, repeat after me.

Side of Hand Even though I am scared of being criticized
I love, accept, and approve of myself.
Even though I am scared of being criticized
I love, accept, and approve of myself.
Even though I am scared of being criticized
I love, accept, and approve of myself.

Eyebrow I have so many ideas
Side of Eye So many things that I want to do
Under Eye But what would others think?
Under Nose What if I fail?
Under Mouth What if I succeed?
Collarbone Either way, I will face criticism.

Under arm And I don't want to go through that again.
Top of Head So instead I feel so stuck.

EB It's so hard to know what I want.
SE When I am so concerned about what other people want.
UE I feel responsible for everyone else's experience.
UN The heavy burden
UM Of trying to make everyone happy
CB Of trying to control what they think of me
UA I begin to let this burden go.
TH It is not mine to carry.

EB All this fear around what other people think
SE This fear of self-criticism.
UE I can be so hard on myself.
UN Part of me feels that if I harshly criticize myself
UM I will avoid criticism from others.
CB It will make me a better person.
UA But this strategy isn't working.
TH It is hard to be myself with this harsh, critical voice.

EB As I begin to notice and release my own critical voice
SE I begin to let go of what others think.
UE I love to encourage other people.
UN It's time to begin to encourage myself.
UM No matter what others say.
CB I have my own back.
UA I become my own friend.
TH Because what I think matters.

EB It's safe to try new things.
SE It's safe to make mistakes.
UE Because every day I am growing.
UN Every day I am learning more about myself.
UM I release this fear.
CB And embrace a playful spirit.
UA It feels so good to just be me.
TH It feels so good to do what's right for me regardless of what anyone else may think.

EB As I shine, I allow others to do the same.
SE I stand tall in my power.
UE And I feel this lightness in my head.
UN It is safe to soar.
UM I have nothing to prove.
CB Just something to remember.
UA I am enough.
TH And it's safe to be me.

Take a deep breath in, exhale. And as you place both of your hands over your heart, I want you to check in with yourself. How do you feel now? I want you to think about something that you have been putting off. Maybe it is a project or just asking someone for what you want. And notice how you feel now. Notice the excitement, the anticipation, the courage you feel to just do you.

Again, this is Jessica Ortner and from everyone here at The Tapping Solution, we wish you the very best.