



Jessica Ortner

Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. 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.

Social media has made the world smaller, allowing us to stay in touch with family and friends, regardless of where they live. But social media also has a dark side, creating a space where we compare our lives with what others post online. It can bring up emotions like jealousy and anxiety. It can cause us to be distracted and unable to focus. As social media platforms have become such a big part of our lives, most of us haven't stopped to think about how we create a healthy relationship with these platforms and address the common emotions that can appear. So that is what we're going to be doing today.

I'm Jessica Ortner, and you know me as your host of the Tapping World Summit. I'm the author of The New York Times Bestseller, *The Tapping Solution for Weight Loss and Body Confidence*, and the author of *The Tapping Solution to Create Lasting Change*. Today the tables will turn as I go from host to presenter, and I get to have this great conversation with the producer of this event, my brother, Nick. Welcome, Nick.

Nick Ortner: Jess, it is so lovely to be here with you, as you say. Tables are turned. This is one of my favorite parts of the Summit, where I get to grill you because you're so tough on all our other guests.

Jessica: Oh yes, I'm so tough. I'm excited to have this conversation with you, because it's a conversation we have a lot in private about social media, about our relationship with it. Because in this day and age, mostly everyone has social media, everyone has a smart phone, and it's something that started in our lifetime. So we are really the first to have this massive life change, and we have to take a closer look and look at our relationship with this.

Nick: Yeah, it's a big topic and like you said, not only in our lifetime, really in the past decade. It hasn't been very long where we've had all these things upended. You know, I often say to you, especially as our kids are growing up, they're still young, but I can't imagine being in high school, for example, like my high school



experience, with social media, and just how different that would be. That's what we're going to cover in this call, and all the implications for it. I think most importantly, for those listening, trying to determine an awareness of what is happening and how can we live our best lives. That's what you're going to help us do today.

Jess, let's begin with, how do we know this is a problem? So what are some of the signs that we need to work on our relationship with our phones and social media?

Jessica: Yes, absolutely. So I'm going to list off a few things, and as you hear me list these off, I want you to reflect and notice if any of these relate to you. One sign is that you notice yourself going on social media and experiencing feelings of jealousy and anxiety pretty often. Another one is you might find yourself checking your phone at the slightest feeling of boredom, and we're going to talk about why that happens. But the moment you feel a little bored, a little distracted, you find yourself on your phone. Another sign is when something becomes hard, you need to focus on something that's difficult, you have this big thing on your to-do list, and you find yourself on social media.

Another one is that you feel anxiety when you don't have your phone, so you leave your phone in a different part of the room, or sometimes we forget our phones and you suddenly feel this anxiety. Another one is checking your phone the moment you wake up. I can't tell you how many people, before they even use the bathroom, they're on their phone looking at what's going on. Another one is that you find yourself comparing your life with what you see on social media. Another big one is complaining that you don't have time. If you feel like you just don't have time in your life, it's shocking. I was so surprised to learn that adults in the US spend an average of two to four hours per day on their phones.

So sometimes we think we don't have enough time, but what's happening is we're getting sucked into our phones. Then the last one I'll mention is if you find yourself becoming impatient easily, so when it comes to our phones and social media, we're so used to instant gratification, being able to immediately look at things, get access to things, and that habit has implications when it comes to working towards something, working towards a goal. And again, we'll talk about that more.

I want to be completely honest here, Nick, as I'm listing off these reasons, I wanted to have this conversation because I was checking off so many of these boxes.

Nick: I was going to say, our listeners are going, yup, me, that's me.



Jessica: Yes, I checked off a lot of these boxes. I can fall back into it, because this is the thing – our phones aren't going away. This is a relationship we have to have, the same way that I became really passionate about helping others change their relationship with food. What's tricky about this topic is when it comes to food, you're always going to need food. So it's not like an addictive behavior that you can just avoid completely. The same thing with your phone. If you, this day and age, it's very rare for someone to be able to live completely without their phone, or choose to be without social media. Which you can decide, but for a lot of people they either don't want to or it's not practical, because there are some good sides.

So this is a relationship we have to always be looking at, because it's a long-term relationship. Does that make sense?

Nick: That makes total sense. You know, there's a bartender at one of my favorite restaurants, and he doesn't have – not only does he not have a smartphone, he's never had a cellphone. He's probably in his late 30s, so he's of the era of cellphones and smartphones. I just look at him with awe. It's like, there is something that is, and look, as we've said, there are amazing things about our phone. There are probably people listening to this call right now, on their phone, so they're getting great information. This isn't, you know, demonizing everything about it. But there's something that feels so freeing about oh, can you imagine not having a cell phone?

So to that point, and I'm sure a lot of people can relate to all of these habits, these challenges with their phone, what's really happening? Why is social media, why are our phones so addictive?

Jessica: It's a great question, and the reason it's important to know is, first of all, when we know the science behind what's going on, we can have a bit more self-compassion for ourselves instead of feeling like oh, I don't have willpower or I feel weak or I can't help myself. These things are designed to be addictive. When we know what's really going on, we're also able to take the time to create an intentional relationship with social media.

So here are some things to keep in mind. There was an article by this Harvard University teacher that explained that when we are on social media and we get that notification, that little popup, someone likes a photo, we get some news, you're brain sends this chemical messenger called dopamine along the reward pathway.

So we often hear about dopamine because it's what helps us feel good. It's often



associated with things like food and exercise and sex and gambling, and now there's proof that it's associated with social media. Now, there's an extra layer to this. It's not just the likes and the notifications that excite us, it's also the fact that they're often random. So gambling can be an addictive behavior, and there's something about the slot machine that can be addictive, because you're pulling that lever and you know that there's a potential of a reward, but you don't know when that reward is going to come, so you keep pulling.

Social media works in that same way. You don't know when you're going to get that trigger of dopamine. You don't know if there's an uncertainty, like will this photo that I posted or this caption that I posted, will it do well? Will I get likes? Will I get some validation? That unknowing creates a circumstance in our brain that becomes this addictive behavior, where we're just waiting to get that hit of dopamine. When we get that hit of dopamine, it feels even better.

I know Instagram is experimenting now with getting rid of likes, which I think is fantastic, but I did watch a segment on 60 minutes which I found fascinating. It explained that Instagram's notification algorithm will sometimes withhold likes from you in order to create this reaction with dopamine.

So for example, you post a photo and suddenly you're not getting the likes that you thought you were going to get, and you feel a little bit disappointed. Well, all of a sudden, what Instagram will do, is it will hold the likes and then suddenly give them to you in a burst, like everybody starts to like it at once, even though initially they were scattered, right? This suddenly creates this huge pleasure experience of going from disappointment to the thrill of oh, it worked out, people like this. So that dopamine-driven desire for social validation suddenly is optimized. Suddenly, we really feel good because of this roller coaster experience that we're having. So this is why we have to understand the science around it, is because if you feel like you're addicted to your phone or if you have trouble with self-control, it's helpful to have some self-compassion and go, actually, these things are designed to make you feel this way.

Another thing that's really interesting about the research is that there was a study from Lancaster University that showed that when someone is feeling anxious or stressed, they'll go on social media. And if suddenly they're not getting that dopamine hit, so they're there in front of the slot machine and they're pulling that lever but they're not getting that good feeling, instead of getting off social media, they'll just jump to a different aspect of social media. So for example, you'll be on Facebook, you're not feeling great, you look on Facebook and you start to feel



worse. Instead of getting off your phone, you'll look at Facebook stories. Eh, you still don't feel great, you'll jump to Instagram and you'll start looking at your feed. Then you'll look at your stories. Then maybe you'll check Twitter.

So the research is showing that when you are stressed and that stress anxiety you feel is becoming worse with social media, we don't actually decide to take a break. Instead, we keep pulling that lever of that slot machine. We keep checking different social media platforms in search for that feel-good feeling. Does that make sense?

Nick: Yeah, it makes so much sense. I got so caught up thinking about all this and the implications and this, that, and the other, and then I realized, oh wait, this is a Tapping World Summit interview.

Jessica: Yeah, there is hope.

Nick: My next question is, what does tapping have to do with this? How can tapping help?

Jessica: Yeah, absolutely. So there's two reasons why I feel tapping is so powerful. One is that when we are feeling anxious, we're going on social media to try to feel good, because we're feeling anxious. What we're doing instead is turning to tapping. The reason I think it's so easy to turn to is just to be very practical, you're actually physically doing something. Instead of tapping on your phone, you are tapping on your body. Just the physical thing of doing something different means that this is a modality that's easier than just getting off your phone and trying to meditate. Although I love meditation, and I think it's so powerful, tapping is an easy transition when you catch yourself, right? So the invitation I have, as we tap in this Tapping World Summit, is that you begin to become more comfortable so when you catch yourself in that state, and sometimes we're like, in the rabbit hole. We're like, oh my god, I just spent the last 40 minutes on social media I didn't even notice.

The moment we gain that awareness, we have something to turn to, to do some tapping, to address the anxiety that we're feeling that's causing us to kind of search for that hit, for that dopamine. So tapping is very helpful in that way, and the other thing is it brings you back to your body. It lowers the stress hormone. It lets you think clearly. I often hear people saying, 'I don't feel like I have willpower. I don't have control.' What's going on is that when you're feeling really anxious you don't feel like you have much control. You are in either that fight or flight mode, you're stressed out, you're not creative, you're not innovative, you don't do what you know is good for you. Because when we're in those disempowered states, we don't make good decisions. So our goal isn't to force ourselves to try to make better decisions,



it's to start by addressing the stress. Then we can begin to look at things in a new way, and then we feel like we're in control.

Nick: Yeah, that makes total sense. I know you mentioned this earlier, but I can't help but think of how similar all of this is, what you're saying to your work with weight loss and food and cravings. I know it wasn't planned that way, but they seem to align very closely on a lot of the same themes around food and weight loss seem to be coming up around here.

Jessica: Exactly, absolutely. So what's really helpful, people always ask, 'Okay, but what do I say? Where do I start with my tapping?' It's important to start with where you are, whether you're dealing with anxiety around food or anxiety with social media, we have to start with the anxiety, with the physical feeling we have in the moment. Then we can dig deeper, we can see if there's anything else going on below the surface, but we always have to start with that anxiety and that overwhelm that comes from checking our phone and from social media.

There's also an extra level to this. We feel anxious sometimes when we're not allowed to check social media. This is why it's complex. It's not just we're on social media and we're anxious, sometimes you find that you're disconnected from your phone and you have this anxiety because you think, what am I missing out on? Whether it's with my social group or another big aspect is the news. A lot of people are getting their news from social media. So you're wondering, well what's happening now? What's happening now? Well, what's happening now?

Nick: Five seconds later, what's happening now?

Jessica: Exactly, and so all of that is this anxiety that we're feeling. So we've got to start with that to really ground ourselves to get back into our body, to get back into the present moment and put our energy inward.

Nick: Great, can we do some tapping on that? I'm sure for all levels of people, whether they're really addicted to their phones and this is a big challenge, or a smaller challenge, we can all use tapping to get more focused, right?

Jessica: Absolutely, absolutely. So yes, let's do that right now. Let's just start the process by taking a nice, deep breath in now and just get grounded. Go inward, check in with your body, and notice any anxiety that you feel. I mean, to be honest, now that I'm on the other side from interview to presenter, I can feel the surge of energy. Maybe I feel a little anxiety in my chest, and just focus on where you feel it in your body.



Give it a number from zero to ten, and that's what we're going to do. We're going to tap on how we feel and this pattern of anxiety and checking our phone. So starting on the side of the hand, simply tap and repeat after me.

Side of Hand Even though I feel this anxiety in my body
I honor how I feel
And I give my body permission to relax
Even though I've gotten into the habit
Of checking my phone
Any time I feel uncomfortable
I acknowledge this habit
And I give my body permission to relax now
Even though I have been holding on to this anxiety
Because life feels overwhelming
I honor how I feel and it's now safe to relax

Eyebrow All this anxiety
Side of Eye There is so much going on
Under Eye And I don't want to miss out
Under Nose I am scared of missing out
Under Mouth I am scared of being disconnected
Collarbone But I acknowledge all this anxiety I feel
Under arm I have been stuck in this pattern
Top of Head I feel anxious

EB So I check my phone
SE And then I feel more anxious
UE I am searching for these good feelings
UN I recognize this pattern
UM I recognize this stress
CB And I give my body permission to relax
UA Right now and right here
TH I am safe

EB Right now and right here
SE It's safe to relax
UE It's safe to take a break
UN It's safe to slow down
UM It's safe to disconnect
CB I'm exactly where I'm meant to be



UA I am safe
TH I am exactly where I'm meant to be
And I give my whole body permission to relax

Take a deep breath in, and exhale.

Nick: Very nice. So Jess, that begins to quiet some of that noise and I think just that tapping for a few minutes will probably help people make a different decision when it comes to picking up the phone. Now, how about if you're already on there? I know a big issue for a lot of people is when we compare our lives to what we see on social media. FOMO: Fear Of Missing Out, and the great lives people seem to be living that we're not living. Talk to me about that issue and how people can work with it.

Jessica: Yes, absolutely. Well, let me quickly just take a step back, because we just did do that tapping and I want to give people an opportunity to check in with how they feel with that tapping. Sometimes we begin to tap and we notice ourselves beginning to relax. Other times as we relax, we get other ideas. We notice oh, you know what, I have been checking the phone because I have been comparing myself to others. That's why I'm feeling this anxiety, or this need to keep up. Just notice the experience that you just had with tapping. This is what I invite you to do. You just got a little taste on how easy it is, simply tapping and giving a voice to how you feel, and then letting yourself know that it's safe to take a break, it's safe to relax. Because this compulsive behavior of wanting to be on our phones, it comes from a fear of missing out, of having to be with our feelings, the same way that we might turn to food when we want to escape our feelings. We turn to our phone when we want to escape our feelings.

So sometimes by simply tapping on our anxiety and how we feel, we begin to gain more insights on why we're turning to our phones. What's really going on? We can either feel good, and that's it, and then we go, or we begin to gain other ideas, other insights, on what's really going on below the surface. Then we can go deeper, like you're sharing here. Let's go a little bit deeper and look at how we might be comparing our lives to others. This is a really big issue with social media.

There's a few things to logically keep in mind, but I will say from the beginning logic is great, but when you're having an emotional reaction to something, logic doesn't work. You have to do the tapping. Doing something physical is what creates the biggest transformation. But it's helpful to keep in mind a few things. The first thing is that when you are comparing yourself to what you see on social media, you



have to remind yourself that what you're seeing is not a reality. It is people showing their best. You don't often see what's happening behind the scenes. So you're comparing your entire life with an image that's been edited and well thought out.

That's the practical level. The other thing to keep in mind is that when we see someone succeeding or really happy on social media and we suddenly compare ourselves and have this feeling of judgment, and then suddenly start having some thoughts of well, it's so easy for them or they're just lucky or whatever judgment that is. What we're doing in that moment, and this was groundbreaking for me. I will say, because every time I saw someone, I would always compare my body to others. When you have that habit, social media is your worst enemy because you have every opportunity to compare your body to others.

But when you look at someone and say oh, that skinny B-word, what you're saying – listen it happens. You're like, 'Ugh, that person.' You know, you suddenly get triggered by someone else or you see someone have a lot of money and you just think like oh, well they actually must be a horrible person. They have all this money, but I'm sure they're greedy and mean. When we make judgments about other people's success, what we have to understand is that we're telling our unconscious mind, we're letting ourselves know that it's not safe for us to have that success. So if you are criticizing someone else for having something that you want, what will happen is as you begin to make steps towards that goal, you will begin to sabotage your own success because a part of you will feel that it's not safe to succeed. Because if you succeed, you will be a victim of that same judgment, so it's safer to play small.

Nick: That makes total sense. So if you think hey, rich people are mean, or greedy, or whatever, and you're moving towards wealth and abundance and you're moving towards that path of being rich, there's part of you that says, well, I don't want to be greedy and mean so I'm going to sabotage this from happening.

Jessica: I mean, when I got that, it was groundbreaking for me. And we have to catch ourselves and know that every time we're making a judgment we are affirming a belief to ourselves. So that's a big reason why we need to look at this. Another thing to keep in mind is that we often have this belief of well, I'll stop comparing myself to others or I'll stop feeling bad once I reach this goal. So once I make enough money or once I look good enough or once I succeed in my career, then I'm going to feel good. The challenge is when we have this habit of comparing ourselves with others, it never ends by reaching a goal.



So that's why we have to work on this, because no matter how successful you are, there's always going to be someone that has a different level of success. That's the problem with social media. Our ancestors weren't tapped into what billions of people on this planet were doing.

Nick: Someone is always beating you, right? Someone is always better than you.

Jessica: Always beating you, always. At least it seems that way online.

Nick: I laugh when I hear about billionaires. I don't laugh, it's just sad, you know, billionaires who can't stop working and are consumed with making the extra ten billion to be as rich as their other billionaire friend that has more billions. So you go okay, if that happens with billionaires, it shows it clearly is not a function of the money or the body or the success. It's a function of the mind, and I think this issue is amplified by social media, but it exists apart from it as well.

Jessica: Exactly, absolutely. So here we know that our goal is to first honor how we feel, like as much as I'd like to say to everyone, hey, stop comparing yourself to others, we have to do the tapping. Because we are having this habit because at some level, comparing and judging is our way of protecting ourselves. So we compare ourselves to others, and then judging them is a way that we try to take care of ourselves. Does that make sense? Because at least if I judge them, I can feel a little bit better.

Nick: Yeah, absolutely.

Jessica: It's about seeing that pattern and then addressing what's really going on under the surface. So let's do some tapping around that and yeah, the constant comparing and judgment that often becomes an extreme when social media is involved.

Nick: That's right. Is it helpful to get specific on this? Like it won't happen for everybody but some people will know the person they follow that they, or the issue, like my body, my wealth, whatever is going on.

Jessica: Yes, absolutely. So keep that in mind because I have found that when people create an intention, even if they're saying different words because everyone is repeating after me, your mind will make the connection because you've already set that intention. So think about, for you, those who are listening, are you comparing yourself to a certain person or is there something in particular that is triggering to you? Just notice what that is, and maybe just by noticing what it is, you're already feeling a physical sensation. You're feeling some anxiety. Comparison is not an



emotion, but it triggers emotions. So notice what that triggers in you and give that a number from zero to ten. Maybe you think of a specific emotion or maybe it's a strong body sensation. Whatever it is, measure it, and we're going to begin with a nice, deep breath. Okay, tapping on the side of the hand, repeat after me.

Side of Hand Even though I've been comparing myself to others
And not feeling good enough
I honor how I feel
And I give my body permission to relax
Even though I've been stuck in this pattern
Of comparing myself to others
And not feeling good enough
I accept myself and how I feel
Even though I've been stuck in this pattern
And it's created a lot of anxiety in my life
I acknowledge this pattern
And I'm open to a new way

Eyebrow All of this anxiety
Side of Eye I compare myself to others
Under Eye And then I make these judgments
Under Nose That I should be further along by now
Under Mouth I should be doing more
Collarbone I should be healthier
Under arm I should be happier
Top of Head I should be better

EB All of these shoulds
SE I recognize this pattern
UE And then sometimes I judge them
UN Life must be so easy for them
UM Life feels unfair to me
CB They must be selfish
UA They must be greedy
TH All of this judgment

EB I recognize this pattern
SE I take a step back
UE And I recognize this pattern
UN All of this anxiety



UM	All of these judgments
CB	I judge them
UA	And then I judge myself
TH	All of these judgments
EB	All of this anxiety
SE	And I just can't turn away
UE	I keep looking at my phone
UN	And not feeling good enough
UM	I recognize this pattern
CB	I take a step back
UA	And I'm ready to look at this in a new way
TH	Right now and right here
EB	I am doing something good for myself
SE	Right now and right here
UE	I am safe
UN	I am exactly where I'm meant to be
UM	I have come a long way
CB	I have been through a lot
UA	And I'm further along than I realize
TH	I honor my journey
EB	I honor my progress
SE	I honor my unique path
UE	I am where I'm meant to be
UN	And every day I'm feeling better and better
UM	Every day I'm learning
CB	Every day I'm growing
UA	I am exactly where I'm meant to be
TH	And I honor my unique journey

Take a deep breath in, and exhale. Check in with how you feel. Sometimes I like to move my shoulders a little bit. Take another nice deep breath in, and again, let's check in with that feeling, with that anxiety you felt before, with that comparison.

You know, comparing yourself to others is a pattern, so having tapping like this can help us break the pattern. It means that when we catch ourselves, instead of criticizing ourselves or judging ourselves or feeling a victim to that pattern, we can come right back to this tapping. All of this is also in the workbook, so the moment



you feel that feeling, you can turn to this and get back to you, get back to feeling grounded. Because when we compare ourselves to others, when we're feeling not good enough, we do ourselves a disservice. We don't acknowledge how far we've come. We don't acknowledge the progress we have made. We don't acknowledge all the growth that we've made and where we are on our own unique journey.

We miss out on a lot, and so the intention of this tapping is to get us back to feeling grounded, to get us back in our body, to get us back to realizing that we are on our own unique spiritual path that we can't compare our journey to everyone else, but we can take a moment to stop and recognize ourselves and how far we've come.

Nick: That's beautiful. You know, a word that comes to mind that I think a lot of people are feeling and probably not feeling it right now, because that tapping was so great, but Jess, the idea of just being exhausted, right? Just exhaustion, because there is so much coming at us. I think it's important to recognize with this tapping, and all tapping, is that it helps you get grounded and you're moving forward in the right direction. Then look, tomorrow you might get distracted again by social media, and that's okay. This isn't going to happen overnight. I certainly see a difference in my brain between now and ten years ago. I find that I have to work a little harder to read books, which has been frustrating to me. I'm like, okay, I need to read more, because I see that my focus and my patience seems to be less than it was a decade ago. Do you find that happening with social media? Can we potentially do some tapping around that?

Jessica: Yeah, absolutely, I'm so happy that you brought that up. I want to share it quickly, because you were making fun of me the other day, as a brother does.

Nick: I do no such thing. That is not true. I'm kind to my sister every second of every day.

Jessica: So you called me, I think this was just last week, and I picked up using my computer, my phone is connected to my computer. And I asked you, 'Can you hear me okay? I'm speaking through my computer,' and you're like, 'Yeah, where is your phone?' And I said, 'Oh, I had to leave it in my bedroom in a drawer.' And you were like, 'Wait, what? Why?' And I said, 'Honestly, I really have to focus today and I just don't want it next to me.' And you were like, 'Wait, you really have no self-control that you literally have to physically put it in another part of the room?' And I was like, 'You know what? Yes, that is correct.'

Nick: Absolutely, absolutely.



Jessica: Like I acknowledge that it has become, this is something that I'm working on. I notice that whenever something would become hard, I would grab my phone to distract myself. And I wouldn't even notice. It wasn't even a conscious thought. It almost became a reflex of just suddenly being like, wait, how is my phone in my hand right now? I'm supposed to be focusing on this outline. I'm supposed to be writing. When things become frustrating and we become impatient, which guys, this is life.

Sometimes you're working on something that's hard, that takes a lot of brainpower, like sitting down and figuring out what I want to talk about for a Summit or planning these presentations every day, it takes a certain amount of focus. And any time I feel a little stuck, I began to notice myself reaching for my phone. And so I really had to look at this habit and go okay, well, let me be practical. I need to get it out. And if you have a lot of anxiety around your phone, a lot of people can't even do that, right? They're too scared to just be away from their phone. That's what I was reading, too. It's like the anxiety that we feel with our phone also happens when we forget our phone, or when we realize we haven't checked it for an hour, and all of a sudden we're like, 'Oh my god! Let me look at my phone.'

These are all things that we just have to take a step back and begin to see the patterns that we have. Other people might, for someone else, their pattern might be different. For me, that's the pattern I recognize. So I keep the phone out of the office when I'm working and when I have to focus. But there is something, that's when I began to realize okay, this is a challenge for me. The other thing I began to see a lot with clients, especially during my last book. I was really focused on change and how change is unnerving. No matter what, any time you want to make a change in your life, it is new, and there is a feeling of it being uncomfortable. The point is to not never feel uncomfortable. The point is to find ways that we can navigate and soothe ourselves through it with tapping.

The challenge I find is that because we're so used to instant gratification because of our smartphone, suddenly we begin to create that same mentality and we put it towards our goals. So it's like you work out once and you are frustrated that you don't see results in three days. Or you start working on something and when it doesn't work right away you don't get that instant gratification, you quit. Or you go to social media. You distract yourself.

Something I've been thinking a lot about recently is how this digital world has really disconnected us from nature. And not just being outside and connecting with nature, which is know is very good for us, but also what we learn from nature, how



everything has a season, how we need to experience some patience. Our ancestors knew that they would plant a seed and what they would need to do is have patience, water that seed, make sure it got enough sun, and eventually they could harvest that crop. There was this connection with the rhythms of life that we're not always meant to be blooming. That there's times when we're supposed to go in and focus on ourselves and other times when it's spring. That rhythm of nature, we have become so disconnected from because we're in this world of instant gratification.

So what happens is we often have trouble with focus and with patience, because imagine someone plants the seed and the same way they think about well, when I want to order food I literally grab my phone and click three times and food is delivered to my house in an hour. If I want to feel good or look something up, we get that instant gratification. But when it comes to working towards something and having that focus and that patience, we don't often feel that instant gratification. It is uncomfortable for a moment. There is a level of us having to be patient.

So we have to really look at bringing ourselves back to that mentality that you're not going to get results all the time right away, that there is a level of focus and patience towards achieving your goals. So we have to do some tapping around that to help us stay focused. I hope you see this connection, Nick. Obviously there is one element which is just it's hard to focus, because we're distracted. But there is the other element of we are constantly looking for pulling that trigger and getting that dopamine.

Nick: Yeah, like writing, let's say you're writing a blog post or a book, there's not a lot of dopamine hits in the writing. There actually is when there's a breakthrough, like when you actually get that point through. But on the way to that, there could be 30 versions or 30 paragraphs, or 30 words that just don't work and that require more of that mental energy. So I think that dopamine is there for great work and deep work and productivity, but it doesn't come as easily as it does with social media.

Jessica: Exactly, and so we have to be okay with being with those feelings, with not constantly looking for that hit, with showing up. That's what we want to do the tapping on, is just the frustration that we feel around not moving fast enough, not getting the results fast enough, not changing fast enough. Because when we can address those feelings, we can come to a place of having more patience and compassion so that we can see things through. This is for those who feel like they're great at starting things, but they don't finish them. And often times it's because one, we get distracted, and second, because with this social media world we're so used to instant gratification that when we don't get that dopamine hit right away we would



rather just quit.

Nick: Yeah, totally. Now, I don't know what the chemical is or what the research says, but I can tell you and I'm sure everyone listening knows that when you do power through and get it done and focus, it must be a dopamine you have but it feels more sustained. It feels deeper. For example, at the end of this interview, you and I are going to feel good, right? We're going to be like okay, we did it. We focused, you worked hard on the outline, we delivered everything we could for people. There's going to be throughout the rest of the day and maybe the next day a deep sense of purpose, of connection, of contribution, these feelings that just do not come up in social media. So I wonder if we could even, we'll do some tapping on focus and patience, but then also take a look at how do we create these deeper emotions in our lives that are so much more fulfilling.

Jessica: Yes, absolutely. That goes with sometimes to get these breakthroughs we have to be the seed that goes underground, not always showing everything or having something to prove, but really letting ourselves have moments to work on things and let them build. So with that yes, let's do some tapping.

Nick: Let's get focused.

Jessica: Let's get focused. Let's take a nice deep breath in, together, again checking in with your body. You might already be feeling great because we've been doing some tapping, but I want you to notice any frustration you felt, any impatience that you felt around your life and around making progress. Notice any feelings that you feel there, notice any sensations in your body, and you can give that a number from zero to ten and we're going to start doing some tapping on this. So starting on the side of the hand, simply repeat after me.

Side of Hand Even though I've been feeling frustrated
Because change isn't happening fast enough
I honor how I feel
And I trust my journey
Even though I feel frustrated
Because it's hard to focus
And I'm ready to make some changes
I honor how I feel
And I'm open to looking at this in a new way
Even though it's been hard to focus
And I have trouble following through



I honor how hard this is
And I'm open to looking at this in a new way

Eyebrow I've been checking social media
Side of Eye And seeing everybody else's results
Under Eye I see the end product
Under Nose And I want to have my end product
Under Mouth I just want to be there
Collarbone I want to have the success
Under arm I want that end result
Top of Head But I have trouble focusing

EB I have trouble following through
SE Because I often get discouraged
UE It seems easier for everyone else
UN And I get frustrated with myself
UM Because it's not happening fast enough
CB I have trouble focusing
UA Because sometimes it's uncomfortable
TH And it's easier to check social media

EB Looking for that hit
SE But the real work I need to do
UE Is harder than that
UN And that's okay
UM I have been judging myself
CB Every time something feels hard
UA I'm willing to look at this in a new way
TH It's okay if it feels hard

EB I am safe
SE I am focused
UE And it's okay to be a little uncomfortable
UN It's beginning to feel better
UM This might not be fun
CB But I'm creating more ease
UA This might take a lot of hard work
TH But I'm creating more ease

EB By accepting this process



SE	Surrendering to this process
UE	Being with this process
UN	I can stick with it
UM	I can stay focused
CB	Because it will feel so rewarding in the end
UA	I acknowledge my progress
TH	I give myself permission to make mistakes

EB	I give myself permission to experiment
SE	I give myself permission to learn as I go
UE	I give myself permission to stick with it
UN	It might not always be glamorous
UM	But I am so proud of myself
CB	I am so proud of myself
UA	I honor my progress
TH	I celebrate my journey

EB	And I stick with it
SE	It's safe to focus
UE	It's safe to disconnect from other things
UN	I know what matters
UM	I've become clear on my priorities
CB	And I give myself permission to move forward
UA	It might not always be glamorous
TH	But I am so proud of myself

Take a nice, deep breath in, and exhale. Notice how you feel. Check in with your body and think about a project that you've been putting off. When you think about taking action, notice how it feels different. Maybe you feel like it's going to be easier, or maybe you feel like, you know what? This might be hard, but I am ready. So notice how that feels to you.

Nick: Well people should at the very least be very proud of themselves for doing this work right now. I mean, just listening to it, we're 50 or so minutes in, and you have been focused and you've been listening and you've been working and maybe you checked Facebook at one point, but that's okay. You are doing the work, and I think together, collectively, we are trying to bring our energy up to a different level, our focus to a different level, to really live the lives that we want to live. I mean, underneath all of this, this is what it's about. We are looking to get focused. We are looking to release comparison and jealousy and reduce our anxiety because we want



to live our best lives. Just by showing up to this Summit, everyone listening is doing it. So I just want to take a moment to applaud them.

Jessica: They are, and it's so important when we do the tapping to acknowledge the progress that you've already made and also be proud of yourself for the steps that you're taking. If we only judge ourselves or feel good when we have an end product, it's very hard to stick with anything. But when we really allow ourselves to feel pride for the process, even before we have that final result, it is so much easier to stick with it.

Nick: You're never going to get it all done, right?

Jessica: We're never going to get it all done, good point.

Nick: Because we think we're going to get through that to-do list but once that happens we have our next desire and our next impulse, the next thing that we want to create in our lives. I know it's cliché but it's finding that joy in the process. I think tapping can bring you to that place of clarity and centeredness that you can enjoy that process.

Jessica: Yes.

Nick: So Jess, how about, to wrap up, how about some tips. Like we did a lot of tapping, we got emotionally grounded and centered. Anything else that we can do to improve our relationship with social media?

Jessica: Absolutely. Well, the first thing to do is my invitation to you is to become really aware of your relationship with your phone. A lot of times we fall into patterns and we don't even realize them. So for example, I noticed that when I was brushing my teeth I would check my phone. Then I wouldn't get time to read before bed, because it would just get later as I'm looking at my phone. So that's something that I had some awareness around so I created a rule for myself where my phone stays downstairs. There's this thing, I don't know if people remember them, they're called alarm clocks. We're not dependent on our phone as an alarm. We can find another way to wake up. It's really powerful to be able to leave our phone in another room, to create some distance. So for me, that was a game changer.

Also, another thing I began to do is I have limits on when I'm using my phone. After a certain time, after 8 o'clock I don't want my phone in my hand. I have it plugged in, in the kitchen, while I'm doing other things. So look at your own



relationship with your phone, and begin to notice how you can create some healthy boundaries between you and your phone. A big thing for me, this broke my heart. So I was playing with Enzo, my 1-year-old, and Nick, as you know, it's fun to play with your kids but sometimes he's putting something in the basket and out of the basket, and then dumping the basket, and then back in the basket, and then out of the basket. And you're sitting there and you get bored. They're like, really entranced with this basket. I would find myself just checking my phone whenever I would feel bored.

One time I didn't notice that he had stopped playing with his blocks, and he crawled over to me and he put his hand over my phone, put it down, and then smiled in my face. And I wanted to cry, because I was like, I shouldn't have my baby need to physically put my phone down and look me in the eyes. So I made a rule of not having my phone when I'm with Enzo. If it's in the room because in case someone calls me, I just have it on the shelf away from me. It's not in my pocket, it's not in my hand. If you are a parent, I think that we not only need to look at our relationship with our phone because of ourselves, but we have to realize that we are teaching the next generation, which is being born into this culture of phones and smartphones, how to have a healthy relationship.

So they are watching us, and they are watching us when we are on our phones, they're watching us when we begin to talk about social media and likes. So I think it's really important to be very aware of the example, not just for ourselves but for future generations, which unfortunately you're being born into this. We've said from the very beginning, I can't imagine going through middle school and high school through this. So they learn from us, and for me that's been a big motivation.

Nick: I just want to make a note about that, and I think the same thing applies if you're with friends, at dinner, and you know, even if you don't have kids or you've got grandkids, but beyond that, I think some people might feel deprived of that, like oh I'm going to be bored or this, that, and the other. I have found that when I make those decisions, again, there's a sense of fulfillment. There's a sense of purpose. There's a calm. It's kind of nice to be bored once in a while.

Jessica: We need to be bored more, to be with our thoughts, to get ideas, to think about things, yes.

Nick: So looking at it in not a restrictive way, and obviously not a way of perfection. Like I'm sure you will, Enzo at some point will be playing and you'll have your phone for a reason, right?



Jessica: Totally, yes.

Nick: You'll be in a text conversation and you'll just continue that, and that's okay. So we're not looking to be perfect here, Buddhist monks that never look at our phones or we'll never get distracted. But it's leaning into these better decisions for ourselves.

Jessica: I'm very happy you made that point because I'm definitely not perfect, but it's something that I really am working on because I've personally struggled and noticed that I haven't had the healthiest relationship with my phone.

Two final things, you have control over social media. If there is somebody that annoys you every time you see their feed or some news thing that stresses you out, most platforms have the ability to mute someone. You don't need to unfollow them or unfriend them, in case you're scared that they'll notice or say something. There is an option to mute. You are in control of your space and who you let in. So have pride in the space that you're creating, not just in your own life but on social media. You wouldn't let anyone just walk into your house, so don't let anyone just jump on your feed if they're disempowering you or triggering you in any way. Mute them, be protective of your space, and your energy and your time.

The last thing is give yourself time to disconnect. Here I'm talking about creating some rules to be away from the phone. I think social media detoxes are great, giving yourself an entire day where you're off of it. But just notice when you disconnect how it feels. In the beginning, for most people, there is a level of anxiety, which is very interesting and also shows the addictive behavior we have around our phone. But then once we get past that, we realize that we can be really present and notice so much more in life. We can start to enjoy our own life because we are present with what is. So these are things that I invite you to look at, to think about, to tap on, and how Nick said, it's never about perfection, but it is about being conscious of the choices that we make.

Nick: Amazing. Jess, thank you for your time, for hosting all these interviews for the Summit. You'll get to hear a lot more from Jess, and you'll only hear from me once more during my interview. But as I said earlier, thank you to everyone listening, that you have made this choice and commitment to better your life. This is an opportunity to listen every night to as many calls as you can. This is a great test, right? Cut out social media, listen to the Summit. These calls are guaranteed to change your life.



Jessica: Absolutely. Thank you, Nick.