



Mary Ayers

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 TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

Do you ever feel like you're driving yourself crazy? You think, and you think, and you think about a problem, worry floods your body, and you can't seem to relax or even make a decision. You are falling victim to the "monkey mind". This constant mind chatter causes anxiety, sleep challenges, and even digestive issues. Today you will learn how to find peace within your own mind with tapping. To lead the way, we are speaking to Dr. Mary Ayers from TapIntoAction.com. Mary has her doctorate in human and organizational systems, a master's degree in human development, a master's degree in counseling, and a bachelor's in psychology. This woman knows her stuff, and she has been a leader in this field. I'm thrilled she is with us, welcome, Mary.

Dr. Mary Ayers: Thanks for having me, Jess.

Jessica: I would love to start by defining the problem. What are we talking about here when we say "overthinking," or talk about the "monkey mind"?

Dr. Ayers: This is a great place to start because everybody knows this experience. Whether or not they have known and called it overthinking or a monkey mind, they know the experience of it. I love it because Buddha said the mind is like a drunken monkey that just moves from branch to branch. It bounces all over the place and we know that is an unsettled feeling, a restlessness, an inconstant, confused, indecisive type of mind. So that's how you define maybe the monkey mind, whereas overthinking has a little bit of a different feel. It's more about ruminating and worrying and overanalyzing. It's like a broken record. There used to be a time where we could say that and people knew what a broken record was, but it plays over and over and over.

Both of them are products of an anxious mind, and it's an attempt to give us something to do when we are anxious. This noise creates a tension in that body and in your head, and we know that. It makes it really impossible for us to be in the present moment.



Jessica: Obviously that doesn't sound nice, not being in the present moment, overthinking, the monkey mind. But why is this such a major problem? Why should we spend time today within the next 45 minutes, hour, to really focus on this?

Dr. Ayers: First of all, who doesn't want some mental peace and some physical peace?

Jessica: Yes.

Dr. Ayers: But really, this causes two real big problems. The first one is that it impacts our ability to problem-solve, to be creative, and to take actions. When we're so tied up in our head, we aren't getting things done. Secondly, it does a real number on our body. All these thoughts... it's really about protecting us. We're trying to protect ourselves from some perceived threat. And anytime we're anxious, it's like hitting that cortisol button. Cortisol is an alarm system that says, "We're in danger and there's a threat out there." We don't have to have to know what the threat is, it's just as soon as our body starts getting tense and that starts happening in our body, the brain goes into kind of this overanxious state, and monkey mind, or overthinking, procrastination, it comes out in a lot of ways. All of it is an attempt to protect us.

Anxiety is painful, and feeling bad is something that we want to avoid. What happens is we start creating pictures in our head of the worst case possible, and we feel it. We're living in it, because we're making the pictures, we're feeling it in our bodies.

Jessica: It snowballs.

Dr. Ayers: It does, and it really is self-defeating, but we think we're doing a good thing. That is the constant here. We actually believe we are doing something that's helping us by either overthinking and overanalyzing something and trying to figure it out, or avoiding it with that monkey mind.

Jessica: That's really interesting that you bring that up because, you're right, sometimes we're overthinking things and maybe we don't know, we just feel like we're problem-solving or we just really want to figure something out. So how do you tell the difference between the overthinking that can be bad for our health and doesn't help us and problem-solving?

Dr. Ayers: It's a great question, because the thing is, while we're doing all that thinking, we actually think we're problem-solving. We think that's what we're getting to. I'm



going to give people two questions that's going to help them to analyze or really look at, maybe help for them to detect and tell the difference. First of all, what matters is how productive the thinking is. That's really what makes the difference.

You can ask yourself, with all this thinking, is my stress decreasing or increasing? And have I come up with any new ideas or am I rehashing the problem? Because here's the difference, overthinking involves ruminating, worrying, overanalyzing. It dwells on the problem rather than a solution. Even though we think we're looking for the solution, we can observe ourselves and ask ourselves – it's like a dog chasing its tail – have I just been going in circles, or have I gotten somewhere?

Jessica: Yes.

Dr. Ayers: Overthinking increases the stress because we aren't getting anywhere. We just keep reliving the problem over and over. Whereas problem-solving decreases stress because it's productive. After a while we can stop and check in with ourselves, if we've been sitting there in that spacey place of going over and over and over something, and we can ask ourselves, "Okay, where is my stress? Up or down? Did this help at all? Was it productive?" If not, chances are you're stuck in overthinking.

Jessica: It's really powerful to give ourselves a moment of awareness. I also believe that we've all been in this place, where we begin to witness a pattern we have. We notice ourselves overthinking, but we feel like we just can't help ourselves. That's where tapping comes in. Can you tell us a bit why tapping is just so beneficial for this specific challenge?

Dr. Ayers: I love it. It makes such a difference in not only my own life - I have to tell you, I'm just like my own case study when it comes to these things.

Jessica: We all are, yes!

Dr. Ayers: I'm like, "Oh my gosh, this is exactly what I do, and this is exactly how I move through it, and this is what happens when I'm on the other side of it!" I mean, I really can speak from being inside this issue. There's two ways that really tapping is beneficial. First is, we're listening and giving words to what we're feeling. An emotion is just trying to communicate to us, and anxiety is communicating danger. It's trying to get our attention, so when we listen very attentively then it feels heard because we've been able to connect to it. When we take care of the core issue, the symptom that is anxiety is able to go away.



Then of course the act of tapping itself, it calms the amygdala, which allows the body to reset, to relax, and the mind to relax. Then from that space we're able to see situations and perspectives that we weren't able to see in that anxious mind. The hardest part is being aware, just like you said, because it's that thinking, and thinking we're doing something in our thinking is so familiar to us. We really do think we're doing something good. So being able to detect when we are either in an overthinking, repetitive, ruminating position is really a first step.

Jessica: I'm always reminding myself that I can't stress my way to a solution, that it's really hard to be creative and innovative and be a problem-solver when you have this anxiety. I've seen and experienced, how just lowering this anxiety, we begin to gain clarity. Sometimes we gain the clarity we're looking for, other times we simply create the space to get the answers that we're looking for, we just have this openness. But with that, Mary, we're really clear on the problem. We're learning that the overthinking isn't benefitting us. When we catch ourselves in this pattern, how do we begin to tap? What do we say? What do we know, what we're supposed to focus on?

Dr. Ayers: That's a great question because this is one of those areas that people can start overthinking.

Jessica: We don't want to overthink the tapping, so how do we not do that?

Dr. Ayers: I know the number one thing I'll hear from clients is, "I was thinking, and am I doing it right?" And I just kind of go, "Ugh, there it is, you're in it already. Can you feel it?" So what a great place to start, because as opposed to thinking your way out of it, this is kind of something we have to retrain ourselves for. It's going to be unfamiliar, and that's okay. I tell people, "Keep it simple." If you keep it simple, it's easier for us to just get into action.

Let's say we're on our own, and Jess, I'm just going to have you echo anyhow, if that's okay. Just feel your body, take a second. Take a second right now and feel your body. Notice how it's feeling, if it's got any tension in it, on a scale of zero to ten. Of course we're going to say that if you've caught yourself, chances are you're probably, I don't know, seven, if not more, because you've recognized you were caught up in it. So congratulations, first of all, on that.

Jessica: Let's actually have an experience. So we checked in, and what we'll do, Mary, is you tap and I will repeat after you. I really urge the listeners to get the most out of this experience, participate, have your own tapping experience. Let's just all tap together



to get comfortable with the process. Mary, I'll be tapping and repeating after you.

Dr. Ayers: Sounds good, so on the karate chop.

Side of Hand Even though I'm thinking too much right now
I'm okay
Even though my mind is all over the place
That's okay
I'm accepting myself right now, where I am
Even though I have all these thoughts in my head
And I can't relax
I acknowledge how I feel

Now we're just going to speak what we're feeling.

Eyebrow This busy mind
Side of Eye Feels the need to keep thinking about this
Under Eye To stress about this
Under Nose To figure it out
Under Mouth This need to figure it out
Collarbone To know what is going to happen
Under arm All this stress
Top of Head I'm ready to release this stress

EB Willing to let this stress go
SE Willing to let it be softer
UE Willing to trust that I am handling it
UN That I will be okay
UM That it's okay to feel calm
CB That I am capable far more than I give myself credit for
UA That I am never alone, and I'm always being supported
TH And that it's all working out

Take a breath. Now one thing that I really want to say, Jess, because I hear this from people who will say to me, "Sometimes I go with the tapping scripts and I follow along but I'm not quite ready for that more positive direction." What I want to tell people is, that's fine! You know where you are. You might be a little bit more needing to do some tapping around the stress part. You can just pause any of these and just stay with those words going over and over with the feeling as you go through the points. As you feel the tension starting to come down, go ahead and turn



it back on and start to be able to go through some of those different, more positive thoughts.

Jessica: So to be clear, we don't want to jump to the positive, we want to first be able to address how we're currently feeling these current thoughts. Then when they feel like they don't have the same intensity, then we can begin to move to the positive.

Dr. Ayers: Absolutely, and sometimes when you do something like this, you're listening to something, it might move a little quicker than where you are. So give yourself permission to be where you are.

Jessica: All of the tapping that we do today is going to be in the workbook, so it's something that we can go back to. If we want to make it more personal to us, when we want to tap by ourselves, how do we know that we're saying the right words? Are we just giving a voice to the overthinking or is there something particular we should be saying?

Dr. Ayers: I think that giving that voice to how it is you're feeling is important. I do caution people about getting into the story too much, because we can start tapping and end up doing our overthinking while we're tapping. Now, that's not a bad thing because we may get to the same place, it might just be a longer route. So, wherever you are, do your tapping and feel your body. Come back to a little bit to, "My body feels this way. Even though I'm thinking about all these things, trying to look for answers, my body is tight and tense." You just want to be in the moment with it.

Jessica: Great. There is this common belief out there that says that I can't relax until I solve this problem. Sometimes someone says this, and they don't think it's a belief, they think it's a fact. "I have money problems. I can't relax until I solve this money problem. This money problem is very real to me." Can you talk a little bit about this concept of, "I'm only allowed to feel good once I have a solution," and how to navigate that if it's showing up in our own life?

Dr. Ayers: We have these illusions that we are doing the right thing because we're anxious. If you're having money problems or any other problem, we're already in the unknown. We're already anxious and we have this idea that the way to not be so anxious is to give it more thought. Again, it's we're trying to protect ourselves and it feels like this belief that I am doing the most productive thing.

Now logically we are learning, "Well actually that's counterproductive, because the more stressed out I get, the less likely I am to be resourceful." Even though this is



what we've been taught to do, to be able to think about it, you know, "Come on, give this some thought, you can come up with an answer." Well sometimes that's very true and we just talked about the difference between problem-solving. If I'm getting somewhere with it, it's not a bad thing. Talking over with somebody else might get us to solutions. The difference is, is it being productive? And can we notice when it's not so that we can then take a different road? Stop doing the same thing. That definition of insanity, well I'll do more of it hoping I get to a different place.

Jessica: The other way that this shows up is this idea of being allowed: "I'm not allowed to feel relaxed until I have solved this problem." This belief, like you've mentioned, keeps us stuck because when we don't allow ourselves to relax then we're not able to be creative and resourceful and problem-solve. I think it's worth just saying again and again because in those moments we have to remind ourselves that what we're experiencing isn't benefitting us and that we can give ourselves permission. You can give yourself permission to feel good even before you get what you wanted.

Dr. Ayers: Yes, 100%. The tapping allows our body and our mind to slow down just enough to be able to open the space for that to take place. That's what I love about it. It's not an intellectual process. We're actually combining a logic with how we can do something for our body.

Jessica: Yes, and with that, logically we're having this conversation and logically someone can go, "Actually, I get it now. I get that I can't stress my way to a solution, but I'm having a really hard time following that logic because I still am in this pattern. I still physically am feeling stressed." So with that, I would love to do some tapping around this resistance we have to feel good or to feel relaxed, even before we have a solution.

Dr. Ayers: It's 100%. I love that we continue to acknowledge what we know and what we do may be two very different things.

Jessica: Oh good, I'm not the only one! Okay, good.

Dr. Ayers: I can't tell you the tapping I did as I was preparing for our talk. Intellectually, I know what it's doing. The body has its own agenda, and so this is us listening to the body and doing something for the body. Let's look at this belief that we can't quiet our mind until we find the answer, or we have solved the problem. Let's ask people out there to think about that. How do they feel about that belief? Not how does it sound. They may feel like, "Well that's not true," but how does the body feel when



it thinks about saying, "It's okay, I can be calm and quiet even though I don't know the answer to this problem." You can measure how true that feels and you can also feel it as that doesn't feel true, that's not correct, and it shows up as a little bit of resistance. Notice what happens in your body.

So give it a number for yourself, just where are you with that? How tense is it? Where does it show up in the body? Do you feel it in your stomach, in your shoulders? Then let's go ahead and get on the karate chop. Jess, I know you're going to follow me.

Side of Hand Even though my mind is busy trying to fix this problem
And I can't rest until I figure it out
I acknowledge the way I see this
And I'm open to feeling softer about this

Even though I've got all my attention on this problem
This situation
I'm sure if I just keep thinking about it
That I'll come up with answers
There's a part of me that recognizes
That this way of doing things
Is very stressful
And not as productive as I had hoped
So I'm willing to be gentle with myself
And be open to something different

Even though I know I'm overthinking this situation
And I don't think I can rest until I figure it out
I am willing to accept myself right now

Let's go through those points, just giving some words to this. So at the eyebrow.

Eyebrow My mind is so busy thinking about this situation
Side of Eye It's looking for an answer
Under Eye So all this overthinking is really necessary
Under Nose Because I need to find the answer
Under Mouth And I shouldn't rest until I do
Collarbone But all of this thinking
Under arm And rehashing
Top of Head Isn't giving me the answers I had hoped for



EB But I don't know what else to do
SE I know I'm stressing myself out
UE And I thought that was the best way to find answers
UN I wonder if it's possible that all this this overthinking
UM Is actually working against me
CB All this stress is keeping me from getting answers
UA What if I give myself permission
TH For me to relax about this just a little bit

EB Releasing some of this tension about this
SE Allowing myself the space to be softer
UE To trust that solutions are finding their way to me in the calm
UN When my mind is soft and open
UM I connect to my higher self, my higher source
CB I am never alone in this
UA I breathe in and collect my thoughts
TH From a calm and relaxed mind

Take a breath.

Jessica: Thank you for that, Mary. And for those who just tapped, check in with yourself now, and notice if your number has gone down. I notice that my number has gone down, but I notice my shoulders have also gone down. It's easier as I take a deep breath in. It feels like I'm able to get more air in. Really notice those shifts. Mary, I want to kind of loop back to something that you've said. With the tapping there's a few times where you've said things like, "I'm not alone or I'm being supported," this sense that when we are able to relax we can gain some inspiration and clarity from a place that's greater than ourselves, whether you call that God or the Universe or your higher self. Is that what we're moving towards? When we're trying to move away from overthinking, is that what we're moving towards?

Dr. Ayers: One of the things that happens when we get anxious and stressed is we feel more alone, we feel disconnected. We feel a lot of our fears have to do with what's the ramification of the things that we do and how will it impact our social networks? What will they think of me? Will they like me? Will they think I'm stupid? Will I be rejected? Our social connections are very important to us for survival. Anything that is perceived as a threat to that can make us really anxious, and it makes us feel separate. The more calm we are when find ourselves in that place, it gives us the permission to be more connected to other beliefs that we may have. Whether it is a



higher source or a part of you that is intuitive, we are able to connect back up with that.

From my perspective, any time that we can feel that sense of not alone and that we are connected, it gives us more of a chance to be relaxed and open and receiving.

Jessica: Yes, absolutely. Mary, as we've been tapping, we're talking a lot about having a challenge and this idea of thinking about the problem over and over again, this overthinking. Now, another aspect of this crazy monkey mind, overthinking, is when something happened in the past. I was actually just thinking this past weekend we hosted people for my husband's company, and I was trying to make a good impression. I swear Mary, if I ever try to make a good impression, you know those situations when you're just a little bit nervous. I was kind of out of my element. I was excited, but I think I was a little bit nervous.

I just said something stupid. I don't even remember what I said, but it came out wrong. Then I got awkward and then I just kept thinking about what I said. I kept being like, "Oh, that came off so bad. Why did I say that? Aw, man!" Luckily, I've done this work long enough that I can catch myself, and I even did some tapping under the table. But I know that I'm not alone in this, like this idea of you say something or something happens and then you just catch yourself going, "Oh my God!" and thinking about it over and over and over again.

Dr. Ayers: That perseverating on something, I had a client who did a lot of these kinds of interviews and was on stage and whatnot, and the energy drain afterwards, because she would just keep replaying what was said and what they said and what I could have said and what I should have said, and why didn't I say this, and I left this out and now people are going to think I'm stupid. That is that ruminating, circular, never-ending review of what happened. We recognize that it's past.

Jessica: There's nothing you can do, right? Most of the time there's really nothing you can do.

Dr. Ayers: Intellectually we get that, but again, the body has this idea that if I can catch it, that I won't do it again. This is the big thing. Part of that is because it's trying to discern what happened so that it can prepare itself and not make that mistake again. It's thinking that if you really remember this and how painful it was and you study the heck out of it, then you won't do it again.

Jessica: Yes, because the other side of it is, I'm an overthinker, I think it's one of the reasons



I love tapping so much, because it really helps me calm my mind. What I find is that tapping helps me to not try to fix problems because I've had experiences in the past where I just make it worse. I think we've all been there, we have a situation and we're overthinking it, and from that place of anxiety we take some action and that action suddenly makes everything worse. I'm not alone in this, right Mary? When we should have just left it alone and moved on.

Dr. Ayers: You're in good company, and the problem is that almost reinforces why you should overthink. The mind actually goes see, you did that, now you should be overthinking. It's a good way of stalling because if I keep thinking about this then perhaps I won't make an impulsive move that will shoot me in the foot.

Jessica: Or both happens, you overthink something so much that you do take that impulsive move instead of just moving on. It's just not a good place. It's the same way that I always say you should never, ever press "send" on a text message or an email or put something in the mail when you're anxious and you're stressed. Because when we're in that place, and we try to communicate, we create a bigger disaster. It just happens because we're not calm and centered. With this problem-solving, sometimes... we have the ability to problem-solve, but not from this anxious place. Most of the time we make it worse.

Dr. Ayers: This will be a really nice tapping because it's pre-emptive. It's like you were saying, before I take this action I'm going to go and do this tapping in between and change the way my mind and my body is responding, and then we'll decide what I'm going to do.

Jessica: Yes, right! So it's not that you have to panic and then you'll relax when you make a decision, it's that you need to relax first and then the decision happens. Then the answers come. So we've been doing it backwards.

Dr. Ayers: We have to retrain ourselves for that, Jess. There's a little bit of having to retrain ourselves to do that, and this is what this is for, so that we can recognize it and then have a way of tapping to be able to embed that pattern, that new habit.

Jessica: All right, let's do it. I'd love to do this tapping.

Dr. Ayers: This is a real good one for people to think about something that they find themselves perseverating on. It could be an email that they sent, a call that they had, a conversation that they had, something that went bad in the past. Why did this person break up with me? I hear these kinds of things from clients, I'm thinking about this



all the time, about why did this relationship not work out? Why didn't it work? As if they're going to figure something out, but it's that ruminating we're looking at. It's not the question, it's the fact that we recognize we're just being very circular with our thinking, over and over and over again.

So, think of something that might be like that for you and how that feels in the body. Take a second to say how high is that level of angst, tension around that thing, zero to ten? Let's go ahead and start on the karate chop.

Side of Hand Even though I keep replaying this event in my head
I acknowledge how I feel
And I'm okay right now
Even though I keep thinking about this thing that happened
I just can't seem to move past it
I'm choosing to accept myself right now
Even though my mind keeps playing back the same old story
Looking for something
I'm ready to find some relief
I'm open to something new

Let's just talk about those feelings as we go through the points.

Eyebrow My mind is stuck on this event
Side of Eye It overthinks what happened
Under Eye It replays what I said
Under Nose What I did
Under Mouth What I should have said
Collarbone All of this worry
Under arm This fear
Top of Head This part of me that feels the need to replay it

EB To keep me safe
SE So I don't make the same mistakes
UE But the truth is
UN What it really does is keep me from moving forward
UM I will make mistakes again
CB That's okay
UA And I will learn from those mistakes
TH That's called experience



EB	I choose to live in the present
SE	I choose to trust that I learned from the past
UE	I give myself permission to move forward
UN	Knowing that mistakes do not define me
UM	I can handle it
CB	I have got what it takes to move forward
UA	I'm allowed to be happy
TH	I'm allowed to move forward.

Take a breath. Think back on that old experience again, how before it just felt like that need, I have to think about this, I have to review it. I call that kind of a clutchy, graspy mind. Feel it now, feel if there is more ease around it so that you can almost move off of it a little easier without feeling some tension. Just notice what's different for you.

Jessica: I love that, thank you Mary. One of the things I love about tapping is, when you're in the process, sometimes you do get that inspiration that you're looking for, that "A-ha!" moment. I was tapping just now, and I had the thought of earlier I said I am an overthinker, that's why I love tapping. 'I am' is a very powerful phrase. It's a powerful identity. But one thing I'm really taking away from this conversation is not so much that this is how we are, but when we're able to recognize a pattern that comes up when we're scared. Instead of saying "Oh, this is who I am, this is what I do," just saying, "Yeah, I am an overthinker," simply saying, "This is where I go when I am anxious. This is where I go when I am scared. I go into the overanalyzing and overthinking." There's something so powerful about taking a step back and seeing the pattern, and being able to give it an outlet.

We're not saying, "I need to stop overthinking," because it's never worked. We've tried that before. I just need to stop doing this, and then we still do it. The tapping is giving ourselves an outlet where we can say, "All right, I'm going to give a voice to these thoughts, calm my body, and when I feel calm these thoughts don't have power over me." Then I can really begin to bring in these positive affirmations and to think differently. There is so much less pushing and forcing when it comes to tapping, and so much more ease.

Dr. Ayers: I absolutely agree with everything you said, and I would add that the positive experience we have as we allow ourselves and give ourselves permission. I was talking about the client I had who would really persevere on things she had said. Where she got to with her tapping is that when she does her interviews, she allows herself to know whatever is being said in that moment is the right thing. Even if it



didn't go the way she had written it out, that it was what was needed in that moment. She gives herself over to it and allows herself to be a little bit more fluid in those. It means that she's not beating up on herself as much. Don't you find that when we're not beating ourselves up on what we should have done or not done, we're friendlier to ourselves? We're kinder to ourselves. We're able to be more accepting of ourselves and of others as well.

Jessica: Yes, and so often we stop ourselves because we're scared of other people's judgements and what other people would think, when the reality is, we are so often our harshest critics. That critic only has power over us if we allow ourselves to stay in this anxious state instead of simply giving those thoughts a voice and releasing them. So much of this is having faith that what you say in the moment is what it is, that there's some divinity around this, and bringing in that layer of trust when it comes to life.

Dr. Ayers: Jess as you say all this and we're talking about, I, too, this is my area of knowledge because it's my area of experience, just like you. What I really enjoy about it, it's not that it doesn't happen, and this is really important for people to know. It's not like this is not going to happen, but you make a really good point that when it does happen we're able to intervene in a way that is softer on our body because we're not living in that high-stress level for long periods of time because we're able to tap and shorten that experience. The duration of being under that level of stress is shorter.

On top of it, what we often fail to see because once we've changed something, there are times where we did not overthink, we'd move more into a problem-solving situation and sometimes it's hard to see when we've changed the behavior. In the past I would have gotten anxious about this and actually now I just flowed. This is the new me, this is how I do it. My mind has got new circuitry that starts to ask a different question when it shows up. That's a change that is happening as we tap, and it takes time. A lot of people think, "Oh, but I did overthink so I'm not doing it right." That's not correct at all.

Jessica: Yes, like, "I tapped once on this anxiety and three weeks later something else came up and I felt anxious about it!" It's important to share this too, because we are all having this human experience. If we get mad at ourselves every time we overthink, it just contributes to our suffering instead of noticing it and going, "Oh, I'm doing this thing I do when I'm scared to try to protect myself. But now I see it actually doesn't work, so let me do some tapping." That's how it starts.

It's not about never falling into overthinking again, it's those moments of catching



ourselves and choosing to do something differently.

Dr. Ayers: Yes, 100%.

Jessica: Mary, we have tapped so much, and we have gone over so much, but I have one more request of something to cover. We talked about this obsession with problem-solving; there's also something else that can come up, and that's the obsession with "What if...?" So we're looking at something in the future and we're beginning to point out to ourselves everything that could possibly go wrong. So it's all the what if this happens, what if that happens, and in that state we're overthinking and we're trying to solve a problem that doesn't even exist yet – future tripping!

Dr. Ayers: We're so good at protecting the future.

Jessica: So when we catch ourselves doing that, how do we use the tapping?

Dr. Ayers: Playing a different what if game, is what I call it. We can what if, but we're going to do it a little bit different. I know that everybody can relate to this, so you can just think back on a time, or the what if that is in your head right now, so that you can get into that feeling of what it feels like to be what-iffing the possibilities of what could go wrong. Let's just do some tapping on this one. So Jess, karate chop.

Side of Hand Even though I'm afraid to take this action because I have so many what ifs
I'm accepting myself right now

Even though my mind feels the need to think about all the things that could go wrong

What if it all falls apart?

What if I get rejected?

What if I'm humiliated?

All of these what ifs

I truly accept myself

Even this part of me that's trying to protect me

Even though I have this huge what if

And all I can see is horrific effects

Of taking this action

Or making this decision

I'm choosing to accept all of me now



Eyebrow	I'm really scared to move forward
Side of Eye	Because there are so many things that could go wrong
Under Eye	What if I fail?
Under Nose	What if I get rejected?
Under Mouth	What if it doesn't work out?
Collarbone	My mind is going crazy with all of these what ifs
Under arm	And it paralyzes me
Top of Head	These what ifs feel endless

EB	I can't do it
SE	Because I don't know what will happen
UE	I can already feel it
UN	I can already see it
UM	And it's not good
CB	No way am I doing that
UA	Because I'm certain of what will happen
TH	I have evidence about what could happen

EB	I'm remembering the time when that did happen
SE	The humiliation
UE	The judgment
UN	The failure
UM	I have a history that tells me
CB	That I better play it safe
UA	These old memories
TH	Just trying to keep me safe

EB	But I wonder if it's possible
SE	That I could have a different outcome
UE	Because what if it was true
UN	That the past didn't equal the future?
UM	What if it was true
CB	That I am a creator?
UA	What if it was true
TH	That it is possible to create something different?

EB	What if it was possible?
SE	What if I matter?
UE	What if it was easier than I thought?
UN	What if it was fun?



UM What if it's already started to happen?
CB What if it's all working out?
UA What if life is on my side?
TH What if I've got this?
All these new what ifs

Take a big breath. Check in, see how you're feeling. If we can feel that sense of change and that what if, giving it a different direction to turn and a different energy.

Jessica: I love that, Mary. That was fantastic. And so, we move on with this interview, it has to come to an end. In the future, someone is going to catch themselves overthinking. What do you hope in that moment that they catch themselves overthinking, what do you hope that they remember?

Dr. Ayers: That the greatest gift we can give ourselves is to recognize these patterns, because this is an unconscious process most of the time, until we make it conscious. And that gives us the power to make a shift. Our thoughts do not have to control us because once we recognize we can pull out in front of them and start to direct them. We do that by recognizing when we're feeling it, and then tapping to be able to calm ourselves, calm our body, calm our mind so that we can redirect where we want to put our thoughts, what we want to manifest, the way we want to feel. That is really exciting and positive news.

Jessica: It really is. I'm going to sneak in one more question. For those who find themselves overthinking when it comes to tapping and the actual process, what do you hope they remember?

Dr. Ayers: To just tap while you're thinking. You don't even have to try to think differently first, that you are now in it. Even as you are overthinking, you are in the energy of it and that is the place to start. So just move through the points with anything, whether it's the fingers, whether it's the full body thing. Just jump in and do it.

Jessica: Wonderful, Mary. Thank you so much. This was great.

Dr. Ayers: Thanks, Jess.