



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.

Have you ever planned to do something, maybe it was to eat healthy, save money, or start a new project, but when the time came to make a choice you did the very opposite of what you're planning on doing? I know I have been there and sometimes at first it actually feels good to throw out the rules and just follow your impulse, but then the guilt sets in and you feel frustrated for never making the progress that you desire. Today we are taking a closer look at our inner rebel and what we can do when we are sabotaging our own success.

To lead the way, we are speaking to Carol Tuttle from CarolTuttle.com. Carol is a best-selling author and creator of The Carol Tuttle Healing Center and other online learning platforms that have helped millions of people worldwide. Her most recent book, *Our Modern-Day Chakras: Seven Steps to Awaken Your Energy in Today's World*, is a practical look at how our chakra energy system is evolving in support of helping us awaken to our true selves. You can learn more about Carol and her great work at CarolTuttle.com. Welcome, Carol.

Carol Tuttle: Well thank you, Jessica. It's good to be back.

Jessica: It's always good to have you, and what a topic because I think we all can remember a time. It still happens to me sometimes where I want to do something and then there is this inner rebel that does the opposite. Can you just tell us a little about this inner rebel and how it tends to show up in people's lives?

Carol: Well, I think that's a response to a feeling, that the inner rebel is making a choice. It's like I don't want to do that, or I want to do the opposite of what I originally planned to do. If you look deeper, what's the feeling you're feeling that would provoke that? The feeling would be a sense of feeling powerless, like I don't have a choice anymore and I don't want to have to comply and feel powerless again in my life. It's sort of a countermove to some deep-seated feelings that we just don't want to be trapped by. It's ironic in a sense, because we don't want to feel powerless and yet you do want what you chose into. So that's fascinating that we have this sort of dichotomy in it all that well, no, I choose this myself.



But it's old stuff. So much of what we're doing with tapping is cleaning up residue we carry around that actually then stimulates and sets us up to make these choices that sabotage us.

Jessica: I remember working with a client who was trying to lose weight, and she was really successful. Then her father said something like, 'Oh, so this tapping is really working. That's good, you needed to lose some weight.' Then that rebel, that anger.

Carol: Like oh yeah, I'm not going to lose weight for you.

Jessica: Yeah, exactly. What was interesting was she didn't make the connection. Her father said that, and then she started binge eating. She calls me and she's like, 'I don't know, I don't get it. Why was I sabotaging all the progress that we've made?' Then she made that connection. I see that sometimes we're rebelling against someone else, rebelling against society, and what you're saying is it all comes down to this feeling that we sometimes have of not having a choice and wanting to feel powerful and make a different choice. Is that right?

Carol: Yeah, because the origin goes back to our childhood. That was the phase of our life where we didn't have power and choices, we had to comply. A lot of compliancy to systems and adults, parents, teachers, so we have a good portion of our life in those very formative years that we weren't basically engaged to use our power. Choices were made for us, we felt like we had to do things, we should do things. We did a lot of things to please parents, to help hopefully improve their mood. There was a lot of motives that we used that we put ourselves aside and just went along. And a lot of time we didn't have a choice. Maybe you're scared, and a lot of people are clearing trauma. That rebel is actually what could have kept them alive in a lot of scenarios when there was a lot of trauma and abuse and things that were really life-threatening when you're small or even into your teens. That was the strength you found in yourself.

So you just got to clean it all up, and tapping helps us do that so that when you choose into, let's say, the desire to eat better or work out, you have a goal for your perfection that's challenging to you. Or you're feeling you have to put yourself out there more and take some risks. You're able to tap into your willpower rather than the powerlessness becoming so strong that it kicks up this counter reaction.

Jessica: Right, where the only energy that we get is through the rebel.



Carol: I have to feel a sense of power. That's what it gives us, a false sense of power. To me the alternative is your willpower in those moments is going to be stronger, to say I really want what I want. Cleaning up that old feeling of feeling powerless and have to, should to, and others have more power than me. In the case of your story, there was that little comment from the parent. It just cued up all of those old, old feelings of I have to do this for you, and I'm not going to do it for you. To the degree that I'm not going to give myself what I want. So it gets messy and as we clean it up, we're able to, in the moment of the temptation, counter our desires and rebel against them. We're able to, even in that moment, do a little tapping and get really clear about it and say, 'I know what that's about and I'm able to move through this.' Stay the course here. I'm going to make the choices that help me create that.

Jessica: So we're seeing here that the root feeling, that this is all because of a sense of powerlessness. We have to have the rebel because we don't know another way to feel power, to get away from this powerlessness. Now we have this great tool, so we can really address this powerlessness with tapping. I would love to do that together.

Carol: That would be great. In fact, I'd love for everyone to set this up. Think back to your childhood, or even into your teen years, to an event or situation where you feel you did not have a choice and you had to do what was expected, asked, or insinuated that you needed to do. It could be as simple as you had to make your bed every day or you'd get in trouble. You know, you didn't choose to make your bed yourself, you felt you had to make your bed. It could be something very simple that was just on a daily basis, that you felt like, 'I have to do this or one of my parents is going to get really upset. I have to help them feel better.'

A lot of it is done to prevent something. I know in my childhood, there were a lot of choices made that you didn't feel were how you wanted to behave, you felt you had to comply in certain behaviors so you wouldn't upset my father. It was all preventative, but you still felt powerless in the scenario.

Jessica: Right.

Carol: I can't be who I am, I have to be who they want me to be.

Jessica: Yeah, and if we have trouble thinking about a specific scenario but just from hearing this conversation we're feeling it, and we can tap into it, is that enough?

Carol: Yeah, think of when you've wanted - food seems to be a big player in this. It's an interesting experience, because it's something we're doing every day and we have a



lot of emotional connections, as you know. You've written a book on this. There's all these entanglements emotionally with food, so when we make a choice to eat better, that feeling of, 'I can't have that,' comes up. And you're like, overcome with this sense of deprivation and powerlessness.

Jessica: Right, or shopping, or saving money. There's so many things that as an adult, you know well this would be the responsible thing to do. This making a little bit of a sacrifice to help me in the long run, but in that moment it's that kid who is like no, I don't want to. So yes, I think a lot of people can relate to this. So now that we've tuned into that feeling, maybe we're thinking of a specific event or we're just feeling that powerlessness in our body, I imagine that we measure it?

Carol: Right, and then really bring yourself, even if it's a memory of it. Get the body sensation right now that you can recall yeah, I know how that feels. Just on a scale from zero to ten, just make a note of that number, how strong you feel that sense of powerlessness, deprivation, I can't have what I want. I'm not going to force myself to do this anymore. The rebel just becomes, you don't hardly even think about it, but all of a sudden you're making a choice and it's after the fact.

The other side of it is after you choose it, the guilt you feel and the disappointment and the frustration, because now you've got to start over. So you've got your number, now set the intention. You can just repeat after me.

I am now ready
To clear my feelings of powerlessness
Which creates my need to rebel
So this part of me
Can energetically join me in creating success

Okay, so we're going to start with the side of the hand, with some even though statements. So just tapping on the side of your hand, repeat after me.

Side of Hand Even though I feel powerless and controlled
I am ready to let that go
Even though committing to this feels scary
I am ready to create success for myself
Even though I feel this inner tug of war with myself
I am ready to resolve that
Even though I keep sabotaging myself when my inner rebel shows up
I am changing this pattern



Eyebrow	Feeling powerless
	No choice
Side of Eye	I have to do this because I was told to do it
	Releasing the conflict and confusion, don't know what I want
Under Eye	Needing to rebel to counter these feelings of powerlessness
	Needing to rebel to create a sense of freedom
Under Nose	Needing to rebel to give myself a choice
	If I don't rebel I have no power
Under Mouth	Feeling conflict, torn, frustrated
	Why can't I stop sabotaging myself?
Collarbone	Thinking of all the times I have sabotaged myself
	How does it feel?
Under arm	Thinking of all the times I have followed through on rebelling
	How does it feel?
Top of Head	When I sabotage myself I feel powerless and like a failure again
	When I rebel I get a quick hit of freedom
Jessica:	That doesn't last
	Feeling tired
	Worn out
	Ready to let this pattern go
	Releasing all the times I had to do what my parents wanted and I didn't get a choice
	Releasing all the times I did what people in authority roles wanted and
	I wasn't given a choice
	Releasing everyone from having power over me
	Letting go of all the times I felt powerless in my childhood and teen years
	Releasing any and all of the systems I have given my power to
	Allowing myself to feel the grief and anger for all of these scenarios
	Tapping out anger, grief, tired, and annoyed
	And any and all feelings associated with this cycle of feeling powerless
	Then having to rebel against it
	Only to sabotage myself again
Take a deep breath, and let it go. Let your body kind of wiggle around and let your body let that go. Now, notice again from zero to ten how are you feeling? I would assume it's been reduced. It's sort of an observer point of view now, like it's almost a little humorous, isn't it? I feel a lot better.	
Jessica:	I really tap along, and I felt such a shift. I feel like I have more compassion. It's like you also have the understanding and that relief of oh, this is why. But then when



you have that understanding there's so much more compassion. Instead of beating ourselves up, that understanding makes you go okay, I can be a bit kinder to myself. I get it, I get why I've been doing this. I like that strategy. Everyone has their own style of tapping and I like the strategy of also letting yourself just stay on one point and feeling these feelings. I really want to encourage the listeners to continue doing this kind of tapping. What we're doing here is we're building momentum, but just from the tapping I can see how powerful it is just to tap on our own and give a voice to that grief and that annoyance.

Maybe it's even telling our truth and telling exactly what happened and bringing that up. It's just so powerful to have that release of saying yes, this is what's happened. This is incredibly annoying, and I'm angry, and I'm tired. That in its own is so powerful.

Carol: We have an online Facebook group where there are members of the Carol Tuttle Healing Center who are communicating with each other and quite often they'll write out that feeling state or they'll write out what they're noticing and they'll say, 'What should I use for tapping?' And I say, 'You just wrote it.' You literally just wrote it. Just read what you wrote while you're tapping, because you just put it out there. It just was expressed by what you wrote, and it really is interesting how powerful that is for people. It's not like you have to go find some other resources. It's like no, what you're ready to clear and shift and let go of is showing up. You're feeling it, you're just now putting words to it.

Jessica: Yes, it's so powerful just to take a moment and sit and journal and just write how you're feeling and then there you go, that's your tapping script.

Carol: Right, we often tend to think we have to make things a lot harder than they need to be. You know, 20 years ago, 30 years ago when I started this work you had to really get people into process because we just weren't as open on an emotional plane. Nowadays it's like someone looks at you different, you're triggered. Oh, there it goes, there it is.

Jessica: Yes, there it is. And sometimes just doing this type of tapping where you're following along. It's great to gain momentum. You feel a little bit better and then it's encouraging to keep going. So I want to encourage those who are listening, keep doing the tapping. We're going to continue doing some tapping together, because I'd love to look at this deeper and look at a different aspect of this rebel, which is the act of not following through. So we have the rebel behavior of doing the opposite, but there's also the rebel behavior of just deciding to not do something, and not



follow through. So how does that show up and how is that different?

Carol: Well, I think that's more we have habits that we're just so conditioned for, we do what's familiar rather than what we want. So even though it's not what we want, we know the experience and we know the emotional response. And quite often that's really, again, established in our childhood as well. Don't get too excited. We heard a lot of things that basically created a compromise in what we can expect and receive, so we play that out continually, just as a habit. Also, I don't want to hope for more only to be disappointed again, I think that's a big reason that we won't follow through. We're either scared of our inability to succeed at it, so we're preventing failure. Something might stop us or things might not come together, and what we had hoped might come into fruition doesn't, so now we're disappointed again.

We are just running a lot of old, old compromised thinking. Our subconscious mind will keep running these things that we heard through our childhood, like it's too good to be true, don't expect the best, you had enough fun. Basically life has to be hard, get used to it. This isn't going to last.

Jessica: Don't set yourself up for more disappointment.

Carol: Yeah, we'll put ourselves in a place where we can manage and control all that rather than have it get so out of control that it's taking us out again, where we're like, 'Well, I'll just keep things from being great.' I had to practice this for decades. It's something that I noticed in myself in the mid-90s, that I was so used to surviving, getting by, and feeling bad. I wrote about this in my book *Remembering Wholeness*, that I put these notes up all over my home, this is probably around 1998. I was really committed to breaking out of this survival victim mindset that I had and sort of state of feeling that I woke up to every day. I would write all these statements and the main message in them was life was great, I feel joy, and it's familiar. I am expecting the best, the best always shows up for me.

I had to basically retrain my whole paradigm of my world. I have been really committed to that over the years, for 21 years now. People will ask me what has helped me the most and it's literally clearing out these limiting beliefs and really creating a mind and tapping, because I'll do tapping and we've done this in past years. I remember us doing this, Jessica, where we've done tapping on positives only. You know what? You will only make choices according to what your deeper belief system is. If your deeper belief system is flawed, you won't allow yourself to make choices that create the things you want.



Jessica: Yeah, and when we do this tapping, when you do spend a few moments focusing on how you feel, even when it's negative, it then begins to make it so much easier to change that focus. Then when you start tapping on the positive it feels true. Or else sometimes if you just jump to it without working at it, it's hard to just say one positive thing and actually feel like it's true. It's an exercise, like you said. It wasn't like you did it once.

Carol: No, it's like my physical level. It's like I understand now my mental self is no different than my physical self. I'm a real advocate for consistently working out, staying fit. Well, I've got to keep my mind fit. I had to exercise my mind and create the kind of thinking mind I wanted rather than one that was sort of inherited or handed to me. What do I want my mind to be thinking?

Jessica: Not many of us have inherited very good minds. I feel like we're constantly working on it and I think it's important to know that, or else we think oh, well I just got unlucky. I got a bad mind or a bad body. But it's really all about the effort that we're putting into it.

Carol: I had a client share with me another kind of angle on this that she kept sabotaging herself and she knew she could. She had the talent and things were lining up for her to pursue some things in her career. She wouldn't follow through, she put it off. She would just not get around to it. Then the opportunities would slip by. She realized that this was connected to her childhood and no matter how hard she tried, her efforts were never good enough for her mom. Her mom was depressed. Her mom could never show up and give her the accolades and the positive feedback that is appropriate for a child because of her own mother's wounding. She experienced this defeat of disappointment over and over, and now she has this fear it's never going to be good enough. That's what she zeroed into, my best efforts will never be good enough and I don't want to feel that disappointment.

She was afraid of what other people thought and that feedback came back to her. Well, it's not good enough, and nice try, and it's just too painful to have to feel that again. So she had really hit the target on this one, to say that's what I need to clear. That's an old story and I can now create success and people will love it and I can experience people actually thanking me for my contribution.

Jessica: Yes, well I would love to do some tapping around that, on clearing that fear of failure that keeps us from even trying.

Carol: Okay, well let's do that. So in this scenario, think of a time or a scenario or even if



you're currently experiencing this, that is was something that you really wanted and it required your certain actions and choices from you that were consistent and you put it off. You procrastinated to the point that maybe it was very, very stressful. Maybe you did follow through eventually or you just didn't at all. You had opportunities present themselves and you didn't enroll yourself in them. It was just basically that holding back, putting it off feeling. That hesitation or that fear, and it won out. It's what influenced the choices you made, not your desire for what you really, really want. So notice that, your memory of it, or you can actually feel it in your body right now and rate it from a scale of zero to ten and how strong that is for you. Because that one is even a little bit trickier than the previous one we tapped on because it does freeze you up. It immobilizes you and that's what creates the procrastination or you get distracted and busy with lots of other things.

That's another form of procrastination, not just freezing up but I'm doing everything else that I want right now, choosing to not even do that. Okay, now that you have your score we're going to start tapping on the side of your hand. Repeat after me.

Side of Hand	Even though I keep sabotaging myself by putting things off I completely love and accept myself Even though I'm afraid of failing I deeply love and accept myself Even though I feel safer keeping things the same I now know that is a compromise I choose to let go of
Eyebrow	Afraid of failing Putting things off to prevent failing
Side of Eye	Afraid of letting others down It won't be perfect enough
Under Eye	If it's not perfect, why try? Scared I might get into trouble again for falling short
Under Nose	Keeping myself safe by keeping things the same Tapping out all of the times I have chosen this compromise
Under Mouth	Still believing the same old lies that sabotage my success Lies like don't get used to it, it won't last
Collarbone	We just have to learn to get by You have to struggle to get ahead
Under arm	Don't expect the best It's too good to be true
Top of Head	Things never work out for me No pain, no gain



Letting it all go

Okay, take a deep breath and a big exhale, releasing all of this old energy. Now rate yourself again from zero to ten, and you should feel kind of a calm or sort of this place of neutral, like this space is opened. You've opened the space for you to choose to move forward, to choose into what you want.

Jessica: Yeah, I always find it fun to then repeat those statements, so saying something like things never work out for me, after you tap you can say the same words. You can have the same thoughts, but they don't physically feel the same anymore. You don't have the intensity so you're like, hmm, is that really true? It gives you the space to question it, and that's when we can move towards the positive. I'm curious, in this situation, do you have any phrases that you like? We started with this tapping and now if we really want to support ourselves around feeling successful and trying, do you have some affirmations that you love to use?

Carol: I actually do. In fact, I took all of these phrases in my book, *Mastering Affluence*, in the section on how to create an affluent mind. It was a full page of all these limiting phrases that we've become sort of conditioned to believe. We'll even say or think, I don't anymore, but it's very common in our culture, to kind of fit in that you just sort of accept a compromise. So there's a lot of them, and I have for each one the alternative. My favorite one is, because I hear this a lot and it's something that I've taught with money for years, as I can't afford it. Well, rather than saying that, say I can afford to believe in what I want. And you can, you can afford to believe anything. There's no risk here, you'll either get what you're used to or it will get better. That's what I say, what's the risk? Test it out, you'll be amazed.

Jessica: Yeah, definitely. The interesting thing about failure, too, is no amount of tapping can predict whether your attempt of doing something will work out the first time, right? I think it's important to know what we're moving towards because what I have found is that when we release the fear of failure, when something doesn't go exactly as planned, there's not the emotional weight, there's not the disappointment. There's just okay, let me figure out what's next because I know, ultimately, success is part of my story.

Carol: I am unique in this I think, that I don't really believe in the concept of failure. I believe in experience and I trust that experiences unfold as they're meant to. It's either for lessons that we're to learn and will prepare us more fully for other opportunities or even better opportunities, or it just wasn't as wonderful as we thought and I trust the bigger unfolding. I've never really lined up with that concept,



when people say what failures, what have I learned from my failures. I say well, I don't really believe I've had failures. I've had a lot of experiences that have been major life lessons but because I've learned lessons and I'm better from that, I don't consider that a failure.

Jessica: Yes.

Carol: I trust the process. I'm like, I'm okay.

Jessica: Definitely. I think that it's important to have that clarity so that we don't think that we have to do everything perfectly, and if everything goes perfectly it means that we're tapping perfectly and we're thinking perfectly. But there's something else involved where it might not go as planned, but then we're able, like you said, to have the experience that is often the stepping stone that we need.

Carol: It's only when that's still attached to your sense of personal values, so that if it stirs up feelings of worthlessness, failure creates a sense of worthlessness, you'll see things as a failure because you'll feel worthless. So there you're showing yourself in that moment, oh, there's something to clear because my self-worth has nothing to do with the experiences I'm having. You want to get to a place where, I learned this too when I was in this really intense mode of transitioning from victim to I really want to heal.

It's interesting, and now that you're a mother, Jessica, I have four children. And I couldn't show up to be the mother I wanted to be for them because I was just so emotionally and mentally wounded. I wanted to be a good mother. I did not want to get angry, I didn't want to get triggered. I wanted to be mindful and aware and present. I realized that my self-worth was so attached to everything I did in life, and I knew I had to separate that. I wanted to get to a place where my self-worth is steady. It's an anchor and it's centered and it's constant and it's not affected by my outer world experiences.

Jessica: Yes, I love that, Carol. The thing about sabotaging ourselves is it also shows up in a different way, which is that pressure to finally take action that we put on ourselves. Can you tell us a little bit about that?

Carol: Well, that definitely is a pattern, that if you wait and put things off and procrastinate so that literally an energy builds up. It's not just a sense it, as you're putting it off and putting it off, there's energy that has been available to you to do at other times and you've chosen other - you've not chosen to follow through when the momentum



presents, and now that energy gets sort of pent up until it's so potent, there's this pressure that finally propels you into action to get something done. Then it's either too late or you pay a big price. It's exhausting.

Jessica: You're up all night.

Carol: Yeah, your health takes a hit, it's dramatic more often than not. You're having to neglect other things because you've now got to fit more time into one thing that would have been better served if you had done it over a longer course of time. There's just a big price to pay but it's again, just a pattern that you're used to. It's almost like you need all that pent-up energy to finally get you going, but then the hit you take from it, it's dysfunctional. Let's just say that. It's not a healthy way to pursue things because at some point it's going to break the bank and your health, and you can't keep it up. It's one of those patterns you can't keep up long term. You paid too big a price for it on a physical level.

Jessica: Yeah, and that's the tricky thing about this, is that it actually does work in some sense. It's like all that pressure, and then you finally get that thing done but like you said, you're paying a really big price and it's not sustainable. So I'm so happy that we're addressing this because I know a lot of people can relate to this. So with that, can we jump into some tapping?

Carol: Yeah, let's do that and to what degree this one, some people may - there are kind of two scenarios, that pressure, pressure, pressure, where maybe you can't do it because you're in bed. Autoimmune conditions often are developed from a scenario like this, because energy is now hurting the body that was to be used for other functions, that the body is overloaded. So notice your tendency with this to either it shuts you down, or you do finally get moving but you notice the crazy it creates in the playing out of it. Then rate yourself on a scale from zero to ten. It could either be how wiped out you are or how crazy it looks, your score. Just note that, then take a deep breath. Go ahead and start tapping on the side of your hand.

Side of Hand Even though I procrastinate
I deeply love and accept myself
Even though I've done this more times than I can count
I deeply love and accept myself
Even though I will probably do it again
I deeply love and accept myself

Eyebrow Putting things off



-
- It's too easy if I get it done in plenty of time
Addicted to the stress
- Side of Eye Need to feel the pressure to move myself forward
Have to feel I'm down to the last minute to feel motivated
- Under Eye Tapping out all the times I do this to myself
It wouldn't feel normal if I did things in a more timely way
- Under Nose If I take my time and get things done earlier rather than later
What's the excitement of that?
Too many close calls
Too many times it hasn't worked out
- Under Mouth Noticing all the people that I create stress for along the way
Releasing this tendency that putting things off is the healthier choice for me
- Collarbone Paying too big a price
Burning out and missing out on opportunities
- Under arm The added stress is ruining my health
It is time to change this pattern
- Top of Head I am ready now
I am ready now
I am ready now
- Take a deep breath, and exhale a deep exhale. Then again, rating yourself on a scale from zero to ten, notice that's dropped considerably.
- Jessica: Thank you.
- Carol: Tap on this the more increasingly uncomfortable you will feel playing that pattern out.
- Jessica: It's almost like our tolerance goes down so it's almost a little nudge to make some changes.
- Carol: Right, you're like, I can't do this anymore. It's not worth it, I don't like it.
- Jessica: Yeah, Carol before you were talking about how important it is to have these powerful affirmations and how as we begin to tap we can begin to incorporate these in. I'd love to jump into that. Would you be open to doing some tapping, now that we're feeling better, we're feeling a shift to move towards the positive and really bring that into our body?
- Carol: Yes, in fact that's a practice that's very much how I apply tapping. When you've



cleaned out the system basically, you've created a void or a space, so focusing then on what you want to experience in place of that fills that space. I believe everything we're tapping on we innately know, it's truth that we are carriers of. So we're basically activating that energy so that we can be supported by it. This round tapping is all the positives that we start with forgiveness so that you can really just again in that objective point of view go you know, I'm not a bad person, it's not a big deal, it's just a part of life and I'm learning and I can make new choices. I can always choose again.

Allowing yourself that choice is part of forgiveness, to say it's just part of my experience of claiming myself. So we'll start at the side of the hand.

Side of Hand	I forgive myself for all the times I have sabotaged myself I forgive myself for causing undue stress and drama in my life I forgive myself for all the stress and drama this may have caused for others
Eyebrow	I am ready to create success I am inviting my inner rebel to join me in my choices
Side of Eye	I am powerful I am using my power to create what I want
Under Eye	I am creating successful outcomes with my power I have choices
Under Nose	I can make a choice and then choose again if I change my mind I am in control of my destiny
Under Mouth	I am the one creating my reality All parts of me have a choice
Collarbone	I am creating healthy new patterns that support healthy choices I am succeeding
Under arm	I am grateful for connecting with all of my power I am knowing when I give my power away and I am choosing again
Top of Head	I am free, I am free, I am free I am powerful
EB	I am following through in a timely way and it is normal It is perfect enough
SE	Success is my new norm I am comfortable feeling successful
UE	Others appreciate my efforts I am easily moving forward
UN	I am expecting success



UM It is easy to follow through
Things always work out for me
I can expect the best

CB I am comfortable with the feeling of success
I am knowing what success feels like

UA I am comfortable with the feeling of success
And I know what success feels like

TH I am comfortable with the feeling of success
It's what I now create

Take a deep breath, and tap all over your body. Your body has got energy running all the way through it. Get the body connected with that. The body needs to be a part of this because it wants to move forward. We feel like we can choose into that.

Jessica: It's so amazing, after I tap I always feel like I can breathe so much deeper. It's like my lungs are bigger.

Carol: We definitely open the space.

Jessica: Absolutely, and I want to mention that all the tapping that we've done together today is in the workbook so people can go back to that whenever they want. Carol, when people look back at this inner rebel and this new understanding, what is something that you really hope that they remember?

Carol: That there's deeper origins from it and you've got to go. I will say they're secondary byproducts of what really is asking to be healed and cleared. So rather than try and modify your behavior, what we've done today is just get to the deeper issue that frees you up to easily change your behavior.

Jessica: Yes, and my biggest takeaway, Carol, it's so powerful, this idea that you can choose and then you can choose again. You're not setting us up to never stumble or never make a mistake. You're making the path of success easier. When we have a moment that we're off track or it doesn't feel right, it's so much easier to choose something different.

Carol: Right, and it's interesting as you've noted people will bring these patterns into this work and create it not working or putting it off. I'm like well, it's because you brought that pattern in.

Jessica: Right, so you're rebelling against tapping. That's why it's important that we have this



conversation and we also guide people through the tapping, because sometimes we do need to have someone hold our hand a little bit. We need that extra support, to help us choose something different. I want to thank you so much for making this easy and for guiding us in choosing something more empowering. It is always such a pleasure, and today is no different. Thank you so much, Carol.

Carol: It's always an honor. Thank you for including me.