



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.

Your morning can set the tone to your entire day, yet many of us start the day feeling rushed and scattered. But today you'll learn how some simple tapping can change your morning and leave you feeling grounded, focused, and ready for a productive day. This is something that's ideal for the morning, but you can also incorporate it any time of the day when you feel like you need some clarity and you need to clear the overwhelm and boost your productivity.

To lead the way, we are speaking to Alex Ortner. He is someone who truly lives this. Alex has been behind the scenes and responsible for much of the success here at The Tapping Solution for the last 12 years. He is a speaker, author, entrepreneur, and marketing expert. He is also a dad of three and the author of the tapping children's book, *Gorilla Thumps and Bear Hugs*. And you probably guessed it, he is my brother. I only have two. You're not going to get a new brother every day, but I have two brothers and I get to interview them. Alex, thanks for being with us.

Alex Ortner: It is so good to be here, Jess. And yes, I'm so grateful to be one of those two brothers.

Jessica: Yeah, you know, I see you, I've known you obviously very well, since the day I was born!

Alex: Just a little bit, yes. I've been there the whole way for you, yes.

Jessica: I see how you have incorporated tapping into your mornings. I've seen the difference it's made. But I want to hear from you, why do you feel like tapping in the morning is something that is so helpful?

Alex: I think in terms of making it a morning process, in terms of doing it in the morning, it's because it sets the intention for the whole day. It's how we start our day. I kind of think about it like, I mean, imagine you were on a plane. And you're sitting there in your seat and you're waiting to take off. And all of a sudden, you see the pilot run into the door, all sweaty. He looks back at you, goes into the cabin, and three



seconds later he's on the microphone going, "Hey guys, you know, I just got here. I'm supposed to go through a check list, but I think we're good. I'm just going to pull back. We should be fine. We're just going to take off, everything will be okay." I mean, the reaction, I'm pretty sure, from everybody on the plane would be, "Ummm... we'll wait ten minutes for you to check everything and make sure we're okay!" Right?

I think that's how so many people go through their morning, and go through their day, is they just kind of take off and they just kind of go with the flow. And I think that when you take that little bit of time in the morning, like a pilot should on a plane, to just go, "Hey, where am I right now? What do I want to create? What do I want to feel?" That it allows you create the day that you want and more importantly, the experience that you want, on a daily basis. I always try to do it specifically in the morning, and if it's not first thing in the morning... if I don't do something, if I don't do tapping in the morning, I'll notice within a couple of hours, that I'm not as energized and focused as I could be if I had done it, and so I'll stop and I'll do it.

But I think that is why tapping to me is so powerful to do in the morning, is because it sets the day right for the energy, the intention, and the experience that you're going to have throughout that day.

Jessica: Right, so we wake up and now we're realizing, "All right, I need to take some time, even if it's ten minutes. I need to do some tapping, gain some clarity." Where do we start?

Alex: You know, for me, the number one thing we start with is really simple. It's how are we feeling? It's what is it that we're feeling? It's pausing, it's taking a breath. It's being intentional and connecting with what are we feeling in our body? And if we're feeling something negative, it's tapping on that. And even on the days where we're not feeling something negative, it's choosing what emotion we want to bring into our day. I'll say that for me, most mornings I will choose to bring energy and focus into my day. Even if I sit down and I'm like "Oh, I'm feeling great today, I'm not feeling anxious or stressed or overwhelmed, or whatever it might be." I choose what I want it to be. But on those days where I am feeling something negative, I would say that nine out of ten times it is that anxiety, the stress, the overwhelm, just the general noise of life because of the busy world and society that we live in now, and so the reason I like to start here is because with what we're feeling, I think about the to-do list as really the direction of our day and what we're going to go in.

Emotions are really the fuel that gets us there. If we don't choose the right emotions



for our day, if we're not conscious about what we're feeling, we're not going to be able to bring the energy that we want to the day, and more importantly, we're not going to be more resourceful with our brain. We've talked about it a million times and we'll talk about it throughout the Summit, about when we are triggered, our amygdala fires, that prefrontal cortex goes offline, and we're just not resourceful. So when we don't have the emotion that we want, we're not able to use our full capability and resources on a daily basis.

Jessica: I really resonate to that noise, because we look at that to-do list and sometimes when we're feeling these emotions, it's hard to prioritize, it's hard to get started. It does all sound like noise, of the million things we have to get done. So I would love to have an experience. Now, there might be people who are listening to this late at night, other people early in the morning, this is relevant at any part of the day. My hope is that people can still tap and then either come back to this in the morning or just be inspired by this and begin to create their own practice in the morning. So with that, can we do some tapping?

Alex: Absolutely, I would love to. That's what we're here for, right? To do some tapping.

Jessica: That's why we're here at the Tapping World Summit! Let's get to it!

Alex: So I would say, if you're listening right now, let's start off with just taking a deep breath in. That's what I do to kind of connect, so take a deep breath in, and breathe out. Just notice what you're feeling. Like I said before, nine out of ten times it's that stress, anxiety, and overwhelm of just everything going on, but if there is something else going on for you, if you're feeling sadness or anger or resentment, just connect with that and notice where in your body you feel it. Is it a tightness in your chest? Is it a queasiness in your stomach? Where is it that you feel the emotion most? Then let's go ahead and calibrate how strong that is for you.

So when we do the tapping here, we'll tap on general stress, anxiety, and overwhelm. But whatever it is for you, calibrate that for you. So let's go ahead, and one more deep breath in, and breathe out. Just calibrate for you, from zero to ten, with ten being absolutely high anxiety, overwhelm, I like to classify ten as almost like an anxiety attack, if it's anxiety, and zero being nothing, I feel great, absolutely no anxiety and ready to move forward with my day, or with the rest of my day. So go ahead and do that. Then we're going to go ahead and start tapping on the karate chop point. So just follow with me, Jess, I know you're going to repeat. If you're listening and you have a different emotion, just say whatever that emotion is to yourself. So tapping on the karate chop point.



Side of Hand Even though I'm feeling all this anxiety and overwhelm
I acknowledge and accept how I feel

Even though I am feeling all this anxiety and overwhelm
And I just don't know how to move forward
I acknowledge and accept that this is how I feel right now

Even though I'm feeling all this stress and anxiety
And I'm so overwhelmed by the noise of my life
I want to find a way to release this now

Eyebrow All this anxiety
Side of Eye All this stress about my day
Under Eye All of this overwhelm
Under Nose I have so much to get done
Under Mouth And I don't know how to manage it all
Collarbone All this stress and anxiety
Under arm It can feel so overwhelming
Top of Head I don't know how I'm going to deal with it all

EB But I'm open to finding a solution
SE To move my way forward
UE And release this anxiety and overwhelm
UN But I just don't see how it's possible
UM I'll still have a million things to do
CB I don't know how to release this
UA But what if I could just breathe in my body?
TH I choose to relax now

EB Knowing I have everything I need inside me now
SE I choose to relax
UE And release this overwhelm
UN I have everything I need within me now
UM I can take this day on
CB One step a time
UA No matter what happens
TH I am safe



EB	Allowing my body to breathe
SE	Knowing that everything is okay
UE	I can ground myself at any moment
UN	And know that I am safe
UM	I choose to relax my body now
CB	And know that I am safe
UA	Allowing my body to breathe
TH	Knowing that everything is okay

Let's just stop there for a minute, and take a deep breath in, and breathe out; let that out. What I want to do now, I want to do another round of positive tapping. Like I said, I always want to choose the emotion that we want to bring into our day. But I kind of like to separate it a little bit just to be, just to kind of show everybody what I do. There we did some negative tapping and then we allowed our body to relax and breathe. Then we want to go to a place where we choose what emotions we want. But first, let's go ahead and just kind of calibrate again. So just notice in your body what you were feeling before, and when you measure the level of anxiety or stress or overwhelm, how strong is it for you now from zero to ten? Is it still that nine, or has it dropped down to a six? Has it gone down to a two?

There's no right or wrong answer, it's just about being honest and feeling into our body what we're feeling. How was that for you, Jess, there?

Jessica: That was great! I think sometimes when I start to do the tapping, and I hear things, I also begin to resonate more. I think a lot of times we are holding on to anxiety and overwhelm, and we're not consciously aware of it. Then when we give it a voice, we're like, "Oh, yeah. I've been feeling this tension!" It tends to come up a little bit more for a moment, and that's just, it creates this clarify of, "Oh, I got it!" Like I'm really now tapping on what I need to approach.

Alex: There is such tremendous power in vocalizing what we're feeling. And even whenever possible, tapping can be powerful just when we think the thoughts of what we're feeling, but whenever we have the space to actually vocalize that with our voice, I think there's an additional power and release in being able to state how we're feeling at any given moment.

Jessica: Yeah, and something else that I really like that you did is, it was a moment where you said, "Okay, but I'll still have this list." Like you went to that voice that we sometimes get where we're like, "Okay, I can feel calm," and then there is this little voice that says, "Yeah, but..." And that resistance comes up, like, "Yeah, but I still



have this long list!" Giving that a voice is so powerful! I want to bring it up as an invitation for those who are listening, that if you hear that "Yes, but..." voice, and you hear that resistance, that's a wonderful thing. Now you know what to say, what to bring up.

Alex: Yeah, and I think a lot of times people... if you want to tap with somebody and you go, "Let's tap and make this feel better," the initial reaction might be, "Well, but it's not going to make my to-do list go away, so how is it going to help? It's not going to change the reality of things, so why would I even bother doing this?" But the reality is, we need to process the emotions underneath it to be able to become more resourceful. Because when we do, all of a sudden there are shifts. Like, "Oh, you know what? I didn't realize that if I just organize myself and take it one task at a time that I'll be able to move forward." Or that I'll be safe, and it's really important to recognize that "Yeah, but..." voice that we have and vocalize it and then move forward in processing them.

Jessica: Yes, absolutely. So now we're feeling better, we're feeling more relaxed, and like you said, we can now choose to move towards something. It's like we have that space now to bring something new in.

Alex: Yeah, let's just do a quick round right now of just whatever emotion we choose to bring into the day, so I'm going to choose energy and focus, right? That's what I love to bring into my day.

Jessica: I'll take some of that.

Alex: I'll take some of that, absolutely. And we won't even go into the karate chop point here, because if we were doing this on our own we'd probably just keep going with the flow. So let's just go to the eyebrow point.

Eyebrow	I choose energy and focus
Side of Eye	To have a productive day
Under Eye	I choose to be energized today
Under Nose	I choose to be focused today
Under Mouth	I am in charge of the emotions I choose
Collarbone	And I choose energy and focus today
Under arm	I have so many things I want to get done
Top of Head	So I choose to be energized and focused today

EB Raising the energy in my body now



SE	Focusing my mind towards what I want
UE	Raising the energy in my body
UN	Focusing on what I want for my day
UM	I choose to have a productive day
CB	Where I enjoy the experience
UA	I can be busy and calm today
TH	By choosing to be energized and focused

Let's stop there and take a deep breath in, and breathe out. And again, I think that's an important part of it, too, not just saying, "Hey, you know what? I don't want this emotion." It's also, "I want to choose this emotion." We want to replace what we want, and we want to be conscious of what we want. I think it's important too because there are days where I know that one emotion versus another emotion is going to serve me more, depending on the type of work that I'm going to do, you know, let's say I'm going to be speaking. I might choose confidence on that day, and that's what I tap in during that day.

So by consciously choosing the emotion we bring into that day, it allows us to bring the best parts of ourselves out for what we want to accomplish in that day.

Jessica: That makes a lot of sense. And as we are looking towards our day, I know that having more confidence would make a big difference. And a lot of times self-doubt can get in the way. We have anxiety and overwhelm, which we have now addressed. We're feeling grounded, we're feeling better, but sometimes we still have that little bit of self-doubt of, "Can I really make a difference in this day? Can I really get this done?" How do you begin to address that voice?

Alex: Yeah, I think... so that step one of recognizing what we're feeling, is kind of just about getting the backpack off of our shoulders so that we can even look at our day. And then as we look at our day and ask we're conscious about what we want to get done, we need to be conscious about how we feel about ourselves in getting those things done. Because so often we want to move forward, we want to achieve the goals, we want to be present with other people, but we doubt ourselves. We have this inner voice, this inner critic, that doubts our own ability to push forward and create the life that we want. So I always feel that as we clear the noise of whatever we're feeling, as we release that backpack, we want to connect with, "Am I feeling confident in moving forward, or am I doubting myself in some way in being able to make that happen?"

Jessica: Yes, and can I add something? My personal experience, when I am holding myself



back, the way that I recognize the pattern that I've had is, I get all the things done that aren't that important. It's so much easier to look at your to-do list and go, "Okay, I'm going to do emails, I'm going to make this phone call," but there is that one big thing, that one step towards your dream that can feel harder and uncomfortable and you need more focus, that can continuously be pushed aside because we're not feeling confident, and because it's harder than the rest of the things.

Alex: Yeah, and I know... we've talked about this before, both of us have different – you like to pick one big thing to work on every day, I like to choose three things. But whatever it is, it's so important to go, "What is the big thing that I want to get done? Or what are the couple of things I want to get done?" Because otherwise it is so easy to just get lost in that huge to-do list and say, "You know what? I'm going to do the easy things and then pretend that I'm moving forward." But you know at the end of the day you're not going to feel good if you're just doing the little things to be busy rather than doing the things that move your life forward.

I think another big part of this when it comes to self-doubt is just to recognize that no matter what level of success you attain, there will always be some self-doubt in there. I think a lot of times people have this feeling that, "Well once I reach this level, once I reach these goals, then I'll be confident enough and I won't doubt myself." But the reality is that you could look at some of the most successful people in society, whether they're speakers or authors or whoever they may be, they still have to overcome self-doubt on a daily basis.

So if you are doubting yourself and your ability to achieve anything in life, know that you're not alone, it's not that there's something wrong with you, it's not that you don't have any confidence. It's that self-doubt is a natural protection mechanism. It's kind of like that check inside of you to go, "Hey, is this safe? Can I move forward?" And it's up to us as the author of our life to say, "Hey, you know what? This is safe. We can move forward in creating what we want to create here."

Jessica: That's been one of the most interesting things I have found with our success with The Tapping Solution, is that we've been able to meet other very successful people, a lot of times way more successful than we are! We work with them, and then we begin to see, "Wow, this person who is in these blockbuster movies still has these self-doubts at times." Or this person who is running this multimillion dollar media company still has these self-doubts. And it's not that we'll ever vanish them completely, but it's about navigating them and not letting them control our destiny. To me, that awareness personally was such a relief, because in the past when I



would have self-doubt, I would think, “Ahh, I thought I tapped this away. How much tapping and meditating and yoga do I need to do to get to the point where I never have a moment of self-doubt?” And that acceptance of, we always have this voice that’s questioning, “Is this safe, is this okay?”

Making peace with that voice and learning how to address it, there’s so much freedom, instead of the criticism that we pour on ourselves whenever we hear that voice. It’s like we just add the extra layers that aren’t necessary.

Alex: Yeah, we add it on thinking that, “Well if I just keep dumping it on, then somebody else won’t do it for me. The world won’t dump it on. If I just dump it on myself then I’ll keep myself safe,” and the reality is we just keep ourselves in pain and suffering. Because, as you move forward, when you’re able to overcome the self-doubt or lower it to a level where you can take action... that for me is the key. Because you can move forward. You might not be able to move forward in doing what you want if your self-doubt is at a level nine. But maybe you can at a level four, right?

Jessica: Right, yeah.

Alex: So it’s being able to move forward with that inner voice to create the life that we want and just to play it bigger. It creates a tremendous freedom and happiness when we can say, “Hey, you know what? I overcame this. I did this anyway. I did this with all the self-doubt and inner critic and all that stuff there!”

Jessica: Yeah, I think that’s a really great distinction, that we can make such progress with lowering it. Obviously, there is moments where we can get to a zero, other moments where we’re like, “You know what? This is still a big step for me and I’m still a little scared, and it’s a three. But my determination and my passion is greater than that.” You know what? No one talks about it. Everyone wants things to be black and white. I think it’s important to see that life is not black and white, that we’re navigating through all these emotions. It’s part of the human experience.

Alex: Absolutely.

Jessica: So with that, I would love to do some tapping to help lower that self-doubt, to really bring in that confidence, feel more powerful, and able to take a step forward.

Alex: Great, I would love to do that! So let’s go ahead and, again, let’s take a deep breath in and breathe out. What I want to do is just complete this sentence, right? So if you complete this sentence, “I’m doubting myself because...” what comes up for you? If



you think about the things that you want to accomplish not only today but this week, this month, this year, or maybe just over the next five or ten years. What are those audacious dreams that you have where you are doubting yourself in being able to move forward? So just finish that question, “I’m doubting myself because...” and notice what comes up. There’s no right or wrong answer. You might have some nasty language that comes up and just don’t criticize the language. Just honor it as what is underneath, and recognize what that is.

Then notice when you have that statement, calibrate how true that feels for you from zero to ten. You might say, “I’m doubting myself because I’m just not smart enough,” and if you say that out loud, if you just say, “I’m doubting myself because I’m not smart enough,” how true is that from zero to ten? Where ten is like yeah, that’s an absolutely fact. There’s no arguing this, I am just not good enough. And where zero feels like you don’t even like saying it because it just kind of irks your skin to say that about yourself, to say “I’m not good enough.” Just notice where that is for you, to give you a sense of where you’re starting out at. Then we’ll go ahead and we’ll tap on the karate chop point.

Side of Hand Even though I’m doubting myself
Because... (and go ahead and fill in the blank)
I acknowledge and accept how I’m feeling

Even though I’m doubting myself because...
I acknowledge and accept how I’m feeling
I am doubting myself right now
But I choose to release this energy

Eyebrow I am doubting myself
Side of Eye I don’t think this is possible for me
Under Eye Who do I think I am?
Under Nose Maybe I’m not smart enough
Under Mouth Or capable enough
Collarbone I’m just not good enough
Under arm Maybe I’m not a hard-enough worker
Top of Head I have made so many mistakes in the past

EB Why would this be any different?
SE I am just not smart enough
UE I am not capable enough
UN I am just doubting myself



UM	To keep myself safe
CB	But I'm playing small
UA	I thank my body and brain
TH	For trying to keep me safe
EB	But I am safe in this moment
SE	I am safe to move forward
UE	I choose to release this self-doubt
UN	And believe in myself just a little bit more
UM	What if I could be safe moving forward?
CB	What if I just haven't had the right experiences?
UA	My failures in the past
TH	Do not mean failure in the future
EB	I am grateful for my past mistakes
SE	Because they have taught me so much
UE	I choose to release this self-doubt
UN	Knowing it's just trying to keep me safe
UM	But I choose to move forward with my life
CB	To become the full expression of who I am
UA	I know I am meant for more
TH	I have so much more within me now
EB	I choose to be a little more confident
SE	To believe in myself a little more
UE	And as I do
UN	My experiences will prove me right
UM	I can succeed
CB	And accomplish the things I want to accomplish
UA	I am enough right now
TH	I am safe right now
EB	I am enough
SE	There is no need to doubt myself
UE	And even if I do
UN	I can release it and still move forward
UM	My dreams are bigger than my self-doubt
CB	And I choose to move forward
UA	Knowing that I am enough
TH	And I am safe



Let's stop there and take a deep breath in, and breath out. Just again notice what you're feeling in your body. Notice if you have more relaxation in your body, and let's go ahead and calibrate again. So if you said that statement before of, "I'm doubting myself because..." whatever that was, just go ahead and say that out loud to yourself right now. And just notice how true that is for you from zero to ten. So if it was a ten before, absolutely this is 100% true, how did that shift? Did that come down to a seven or an eight? Or did it come down to a four or a two? And also notice, what thoughts did you have as you were doing the tapping? Did you start to have some other thoughts of like, "Well, maybe I am enough. Maybe I could get this done maybe I am safe to make this happen."

Notice how it feels internally with that belief that you have it for. If you were doubting yourself before because of something, how has that shifted? Does it feel different in your body? How was that tapping for you, Jess?

Jessica: That was great, thank you so much for that tapping. I know that's something that's going to help so many people. I'm curious, can you share a story? Like you know, you've worked with a lot of people, you do this yourself. What have you seen happen when someone really takes the time to do this?

Alex: Yeah, that's an awesome question, Jess. I'd love to share how I've used tapping to overcome self-doubt. I could share a story. I think for me one of the things I've seen so common in terms of how people doubt themselves is in their ability to speak up. Whether that's with public speaking or just sharing their voice or their opinion to others in a business meeting, or making a cold call to somebody, it's that self-doubt of sharing our voice, our opinion, and moving forward. I know for me over the last year, it's been a couple of years now that I have been kind of stepping out from behind the scenes of The Tapping Solution and having to come forward. And so a lot of that self-doubt that naturally comes with wanting to speak more has come out for me over the last couple of years.

The biggest example of this was actually this last summer where I said I really wanted to challenge myself to speak in front of larger groups. I had done about 200 people, and I got the opportunity to speak at the RISE Conference, my friends Dave and Rachel Hollis invited me to speak there. And that was an event with one of them was 3,000 to 4,000 and the other one was 6,000 to 10,000. I don't know exactly how full that stadium was, but what that really brought up was self-doubt, right? Because I had to step into something that was a bigger version of myself that didn't feel congruent with who I was in that moment. So I had to overcome the self-doubt, the



fears of messing up, of “Am I going to be enough, am I going to speak well, am I going to freeze on stage?” There were so many things that came up and it’s interesting because as soon as I heard, as soon as I was asked by Dave, Dave texted me one day and said, “Hey, do you want to come speak?” I immediately over the next few days had stomach problems.

My stomach was hurting, and you know, thankfully my wife, Karen, does tapping and she recognized what was going on. We did some tapping together and I realized how much anxiety and self-doubt I had about stepping up and speaking and putting my voice out there in a bigger way. So I want to share the strategy that I used there, because I think that this strategy in terms of tapping is powerful for you no matter what you’re trying to envision yourself doing in the future, whether it is speaking on stage or asking for a raise or making a cold call or asking a girl that you love or a guy that you love to go on a date, whatever that is, where you are envisioning something of yourself in the future, but you doubt that you are enough, I think this strategy works really well.

So here’s what I do, and here’s what I did when I went and got ready to speak. I envisioned myself speaking and I noticed what I was feeling in my body. And all the different things that I felt in my body, I tapped on them one at a time. It was so interesting because I remember I would go through it and tap, and I picture myself going on stage and I get so anxious. And I had gotten everything down to a certain level and I remember at one point all of a sudden having this visual of looking up from the stage and seeing the thousands of people in the back and all of a sudden, boom, anxiety jumped up again.

So when we use this strategy to envision our future and overcome self-doubt that we have, it’s so important to look at all of those different elements that we visualize and notice what we feel, until we can get ourselves to a point where we can envision every aspect, every variable that we possibly can think of, in a way where we feel safe and comfortable doing that. That is exactly what I did when it came to speaking in public and again, you can use this strategy for anything that you want to achieve in the future. You just envision what you see there in the future, notice what you’re feeling today in the present, and tap on every little component as you move forward through it.

Jessica: Yeah, absolutely. If you don’t mind, can I share a quick story?

Alex: I would love that.



Jessica: So a few weeks ago, I was invited to this gala, this charity gala. And I knew a lot of great people were going to be there. I was invited by a friend, but I also knew that he was coming later, so I was walking into this very formal setting by myself. It was walking into a party by myself.

Alex: That's everyone's favorite thing to do, right?

Jessica: Everyone's favorite thing, walking into a room where you don't know anyone, and everybody is chatting with each other. So it was in the city, and I took an Uber. So I was in the car and I had 20 minutes, it was traffic. I was like, "Okay, this is a perfect example to tap." That was my biggest fear, of walking in and feeling uncomfortable and not making friends and experiencing this self-doubt. I started kind of visualizing everything and tapping through it, and I got to the place of thinking, "Even if I walk in..." because my biggest fear is I'm going to walk in and I'm not going to know anyone. The thing is, I can't control the future, so in that car ride, I couldn't tap to create a different reality of walking in and seeing someone I recognize. There was a variable that I had no control over. So what I focused on is making peace with the worst case scenario. So worst case scenario, I walk in and I don't know anyone.

Alex: Yeah, feels good, right? Initially.

Jessica: Right, so how do I just envision that and tap and just make peace with that? "Okay, this is a probability, this might happen," and it did! I walked in and I did not know anyone! I like walked through the first floor. I went to the next level, I am kind of looking around, and I can't find my friend and I don't see any familiar faces. I just kind of took a deep breath and I go, "All right, well, this is worst case scenario but I'm so proud of myself for being here." I walked up to someone and I said, "Hi, I'm Jessica, I'm here by myself. What brought you to this event?" And she was like, "Oh my goodness, I'm here by myself, too!" and then we chatted with one another. I just ended up meeting all of these great people and having a great experience, and it was such a lesson to me that the worst case scenario can happen, but it doesn't have to be so bad.

We can't control whether something is going to be successful or not, or what the circumstances are going to be, but if we can make peace with whatever happens, we can find a lot more joy and just be okay with what is.

Alex: Absolutely, and it doesn't mean it's going to be totally comfortable when that happens, but when you can go into that situation knowing that you're going to survive, that you're going to be okay, that you're not going to feel 100% amazing,



but you're not going to freak out and freeze. For me, when I was thinking about – this works so well with public speaking, is that worst case scenario fear of getting up there and absolutely freezing, because it happens, and it's such a clear example of how our brain goes offline, when our amygdala is triggered, because so many people have had the experience of saying, "I was so prepared for my talk, and then I got up there and I froze, and I couldn't remember anything," right?

Jessica: Yes.

Alex: Thankfully, when I prepared for mine, I did exactly that. I prepared for that and I was actually thinking about a friend of mine, a really great guy, a lot of people know him, Trent Shelton, an amazing speaker today. I remember him telling me the experience of how the first time he was asked to speak, he went up on stage, froze, didn't remember anything, and just talked for 30 to 60 minutes. I said, "You know what? If he froze on that first experience and he's an amazing of a speaker as he is now, then I've got nothing to lose!" Because maybe that first experience of it not going great is what's going to then lead me to getting better, one step at a time.

Jessica: Definitely.

Alex: And I want to point out one other thing that I love that you did there in that experience, Jess, because first off, you're amazing at doing that, better than Nick and I are at going into a room of strangers and somehow making best friends with everybody. It's a super skill that you have, but what I love and one of the things that I try to use in those situations is curiosity. Whenever I go into an experience, especially with other people where I'm unsure, I get curious about other people. I think you likely did that well there and that you got curious and said, "Hey, let me go get outside myself and connect with somebody else and think about somebody else," and you suddenly realized that somebody else's experience was the same as yours.

Jessica: Yes, yes, and you know, the worst-case scenario for me, when I know I'm really stuck is when I say no. It's not the fear. It's okay to say yes to something, then feel the fear, and then address it. I think where we get stuck is when we don't even go on stage, or we don't even say yes to that invitation to this great event because we're scared. So that's really what we're going for. It's not to clear self-doubt but it's to have the courage to say yes, and then we've got to work on the emotions. Then we have the opportunity. But sometimes it's that first ability to simply say "Yes, okay, I don't know how I'm going to do it. I don't know how I'm going to succeed, I don't know how this is going to go, but I'm going to say yes," and starting your morning



by tapping and releasing self-doubt and building your confidence gives you that gateway, that little bit of movement to just take that first step of simply saying yes, and then you have the opportunity to go deeper and to comfort yourself through something that's new.

Alex: Yeah, absolutely. That makes all the difference. The word I like to use, for me, is "faith." I am not, regardless of religious belief or spirituality or whatever, for me it's just faith and going you know what? It's faith in myself, it's faith in the universe or a higher purpose. It's saying I'm going to have faith that everything is going to be okay.

Jessica: Yes, absolutely. Alex, this has been great, incredibly eye-opening. I want to mention that all the tapping that we've done together is in the workbook, so people can come back to this again and again. As we've had this conversation, I'm seeing this common theme here, which is the ability to have courage, and like you said, to have faith. I would love to do some tapping to just increase those feelings, to really let them sink in.

Alex: I would absolutely love to do that, because as you know, I'm such a big fan and proponent of being conscious about those emotions that we choose, and I think courage, and maybe we'll do some presence in there about how we bring ourselves to be more present on a daily basis. I think we can kind of combine those things and end this today on a high.

Jessica: Let's do it.

Alex: All right, so let's go ahead and take another deep breath in, and breathe out. Just notice what you're feeling in your body. Hopefully you've already got some good tingling going on, some good energy from all the tapping we've already done. Let's go ahead and just notice what we're feeling, feeling our feet grounded in the floor, and noticing our body and noticing our breath. Let's go ahead and start on the karate chop point.

Side of Hand I choose to bring courage to my day
To be present with myself
Knowing that I am enough
I choose to bring courage to my day
To be present for everything in front of me
Knowing that I am enough in this moment right now



Eye brow	I choose courage
Side of Eye	No matter what I face today
Under Eye	I can handle it
Under Nose	By staying grounded and present
Under Mouth	I can solve any challenge in my path
Collarbone	I am enough in this moment
Under arm	I am safe in this moment
Top of Head	I choose to bring the strength out of myself

EB	To be courageous
SE	Regardless of what I face today
UE	I choose to no longer doubt myself
UN	To no longer fear rejection from others
UM	To know that I am safe and enough in this moment
CB	I choose to be present with myself
UA	And be present with those I interact with today
TH	I choose to bring out the best in myself

EB	Even if self-doubt comes up
SE	I can breathe and tap
UE	And ground myself once again
UN	I choose to be courageous in my day
UM	To be present with my emotions
CB	To be curious about other people
UA	Because I am enough
TH	And I am safe

Let's go ahead and stop there and take a deep breath in and breathe out. Just feel that in your body, the choices you have made in this moment for how you will go through this day. No matter what doubt comes up, no matter what you hear or feel from other people, that you will choose to be calm and focused, that you will choose to be courageous, that you will choose to be present and curious with other people, knowing that you have everything that you need within you right now.

Jessica: Alex, thank you so much.

Alex: It was such an honor to be on here with you again, Jess. I love our conversations, as always.

Jessica: I love having this recording of how nice you are to me.



Alex: Yeah, they don't get to hear all the other stuff that we say.

Jessica: They don't get to hear you annoying me when we're not recording.

Alex: Oh, but that is big brother duty, you know?

Jessica: It is, it is. I'm sure I am just as annoying.

Alex: No, Jess, no. Don't say that about yourself. If we didn't fight and bicker then it wouldn't be good. You know, I heard a great quote the other day that friends, I forget exactly what it is, but friends say the truth and the mean stuff to your face and the nice stuff behind your back. They don't hide the truth from you, they don't hold back. They say the things to you because they love you, they care about you, and when they're not around you they really, I mean, I'm saying nice things to the person, too, but I think that's what we do as a family, is that we're always honest with each other and there for each other and support each other. Of course, that comes with some bickering and fighting and teasing, because that's just a part of it.

Jessica: I wouldn't even call it fighting, it's just bickering.

Alex: It's just bickering, it's just bickering.

Jessica: But we do have a really good time, and I am so happy that you are sharing. I've obviously seen this amazing transformation in you. You had this in you all along, and I'm happy that you're sharing so much more with the community. So thank you again for being with us.

Alex: I appreciate it. I love you so much, and I love all the people that are listening right now. I say that with all truth and honesty and I'll get choked up if I think about it too much. But I do love you all so much and just keep tapping, keep growing, keep believing in yourself, and keep being courageous.