



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.

Whether you're new to tapping or you're a seasoned tapper, it's always helpful to know how to avoid some common pitfalls in order to get the best results. To show us how, we are speaking to Carol Look from CarolLook.com. Carol is an author, licensed psychotherapist, founding EFT master, and international workshop leader. She has been teaching EFT tapping for 22 years through her books, coaching programs, and worldwide events to help people enjoy lives of exceptional success. She is the author of *Attracting Abundance with EFT* and *Tapping for Stress Relief*. Welcome, Carol.

Carol Look: Hi Jess, how are you?

Jessica: Good, I'm excited about our time together because at the end of our time together people are really going to feel confident to incorporate tapping into their own lives and get the best results. That in itself just gets me really jazzed about today's interview. I want to start by asking you, you work with people all over the world. What is one of the biggest mistakes you see people make when they decide to start using tapping?

Carol: I would say one of the biggest mistakes is not tapping on the real issue. They get close to it or they think they're on the real issue, but if you don't, then you won't get the impressive results that we all love with tapping. Then sometimes they get discouraged and give up and they say, "Oh well, it doesn't really work." Well, it does work, but you must focus on that real issue, the real topic for you.

Jessica: So Carol, that leaves me with two questions. One is how do we know whether we even have the real issue in mind? Then the second one is obviously how do we find the real issue?

Carol: So if we don't have the real issue in mind when we're tapping, our results are pretty mediocre. So when you're on the real emotion, the real feeling, you find relief. You feel it in your body and your mind quite quickly. You can measure it zero to ten, you can go back. But if you're not getting the results, tapping works. That's been proven now. We don't have to have that argument anymore whether tapping works



scientifically on the brain or not. We know it works, so if you're not getting results, it means you're not tuned into the real problem, the actual issue that really is most charged for you.

Jessica: With that, how do we gain clarity? How do we discover that real issue?

Carol: Well, I always like asking people really clear questions so that they know what the emotion is. People often target a story or an event or something that's going on, but if you get to the emotion, that's the heart of a human being anyway, our feelings and our emotions. Let's say for example you have a problem with procrastination. You wouldn't get any results if you're tapping on, "Even though I procrastinate," because you're targeting behavior, a self-sabotage behavior, instead of targeting the emotions or the feelings that fuel the behavior. It's a common, common mistake to say, "Oh well, my problem is procrastination, let's tap on that." But procrastination is a behavior that comes from an emotion, usually a fear. That's why you want to say okay, the behavior isn't really the issue, it's the result and what feeling is making you procrastinate.

Jessica: You've already given us a great question just thinking, what's the feeling behind this action? Are there any other questions that can help lead us to that core challenge, that core issue?

Carol: My two favorite, Jess, are what's the upside of procrastination? So whatever your behavior is that you don't like, ask yourself, "What's the upside?" So in this case of procrastinating and sabotaging yourself, someone might say, "Oh that's weird, I don't want to be exposed, if I put my website together or my business card out there or if I launch a new business." So that's the upside of procrastinating, they never have to be judged. They stay under the radar.

Then the other one, we just flip it around and we assume everybody wants to reach their goal, everybody says they want to have success and reach their goals. But you ask them or yourself, "What's the downside? What could be a possible downside of reaching your goal?" People sometimes say, "Oh, don't be silly. There's no downside." Well, of course there is, or you wouldn't be sabotaging yourself. Someone might answer and say, "I might get criticized, or they won't like me if I offer a service to someone. I might get judged as a failure and I won't feel safe." Then you see well, no wonder you're procrastinating.

Then you've got the feelings to tap on. You've got fear of being criticized, fear of being judged, fear of being exposed, I feel safer when I'm under the radar. Now you



have the charged emotional material that really is the heart of tapping. You'll get immediate results.

Jessica: Yes, I remember when years ago I was struggling with my weight and my body confidence and I asked myself, "What's the downside of losing weight?" My first reaction was nothing. There is nothing that I obsess about more. There is nothing that I want more. This is really something I want. I think that can be someone's first reaction, like no, nothing. But when we get quiet, and sometimes when we even start doing the tapping before we have the answers, while we just ask ourselves these questions, we get quiet enough to have that honest conversation and discover what that is. I wanted to share that simply because sometimes we need to do the tapping to gain the answers because in our overwhelmed state it's so hard to have that clarity of what's really going on.

Carol: Exactly, overwhelm state and also remember all we do is criticize ourselves. We say, "Oh, I'm such a bad person for procrastinating" or, "I'm such a bad person for having the weight on." If you could be quiet for a couple of minutes about that and stop judging yourself, then the deeper answers of oh, I don't want to feel exposed or feel unsafe or be judged, those answers will come up.

Jessica: Yes, and I invite those who are listening, for those who are really stuck, I have tapped before, "Even though I don't know the answer and it's frustrating. I'm open to hearing the answer," or "I accept myself and how I feel," but just starting there. So often we think we need all the answers before we start, but we can start and then ask ourselves these questions. Or if we feel comfortable, we can ask the questions and then start. It's important to know that this is a flexible process, as long as we're asking ourselves the right questions.

Carol: Yes, and remember that you wouldn't be doing something like procrastination or gaining weight or being late for appointments, you wouldn't be doing something like that unless it was serving you. So if you, again, take that judgment away and take any sense of perfectionism and I have to know all the answers, if you take that away then you can start to say "Huh, isn't that a fascinating question? What could possibly be the upside to my getting in my own way? What could be the downside of reaching my goal? I've never thought there was a downside, but there must be or I wouldn't be in my way." So again, time, space, give yourself a little breathing room. I totally agree.

Jessica: Definitely, and I find that when we finally get to that emotion, it can feel pretty intense. Sometimes we gain that clarity while we're tapping. What's your advice for



someone who is tapping and all of a sudden their intensity actually goes up?

Carol: Because they're asking the questions and getting the answers, absolutely. Keep tapping and get clearer and clearer. If you need to stop for a moment and write something down and really get a clear phrase that absolutely encapsulates what you're thinking and feeling and fearing. Go for it, do that. Keep tapping, go back to the starting on the side of the hand and the setup and I'm assuming now you're saying you've got the truth. Now the truth is you feel afraid of feeling unsafe. You feel afraid that you'll be unsafe if you reach your goal. So go back and formulate that beginning sentence when you're tapping on your hand and say, "Even though I'm terrified that I'll feel unsafe and exposed when I'm out there," go ahead and shift it.

You have plenty of time. If you're setting aside the time for yourself to do your own tapping, you need to use the words that feel really congruent with you and your situation. Don't use somebody else's, just really go to your own thoughts and feelings about the situation.

Jessica: So it's okay to have that intensity of emotion for a moment, and we want to stick with it because now we're really getting to the core of it. That makes a lot of sense, Carol. So you mentioned before the example of procrastination, which is I know something a lot of people struggle with. So we're not meant to tap on procrastination, that's a behavior. We want to get to the emotion and the reason behind that behavior. So I'd love to take this topic and do some tapping so people can get a better idea of what this would look and sound like.

Carol: Great, and everyone listening, go back to the questions, how does it serve you? What's the upside of procrastinating? How come you're hiding and not getting your project out there or reaching your goal? You'll start to get the more intense feelings. You'll start to really say oh, this is what I'm afraid of. It's always a fear, by the way. We know that we're always afraid of something or else we wouldn't procrastinate. We wouldn't stop ourselves from reaching our goal, that's what everybody wants. Oh, I've set this goal and I visualize and I want to get there. Well, if you're not getting there and you're getting in your own way, you're afraid of something. So go back to that, get the fear, and let's do a sample tapping for that.

Again, just a reminder, and thanks for that, Jess, that tapping on "Even though I procrastinate" is kind of an intellectual exercise, so you won't get many results. You won't get deep results from the tapping because you're too in your head because you're describing a behavior. So everyone think of your procrastination or whatever



behavior you're doing that gets in your way and blocks you from moving forward. The thought of moving forward and really taking big steps towards your goal, are you afraid of being criticized and judged, or being exposed? Those are the biggies that I've worked with over the years. So measure on a scale of zero to ten how afraid you are of being criticized and judged. When you think of that, let's say procrastination goes away, suddenly your launching your website or your business or getting your cards out there, or whatever it is.

Go ahead and measure, "Oh, I'm afraid of someone's not going to like it or someone is going to judge me." Go ahead and get the number, and then we'll start tapping on the side of the hand. So Jess, you be my echo?

Jessica: Yes.

Carol: Side of the hand, everyone.

Side of Hand Even though I'm afraid I'll be criticized and judged
No wonder I keep getting in my own way
I deeply and profoundly love and accept who I am
Even though I'm afraid I'll be criticized and judged
No wonder I'm procrastinating
I accept who I am and how I feel
Even though it feels safer being under the radar
Because I'm afraid of being criticized and judged
I accept who I am and how I feel about this

Eyebrow I'm afraid I'll be criticized and judged
Side of Eye Now that makes sense why I'm getting in my own way
Under Eye I'm afraid I'll be criticized and judged
Under Nose No wonder I use excuses for not getting out there
Under Mouth I'm so afraid of being criticized and judged
Collarbone This is an old feeling for me because it's happened before
Under arm I'm so worried I'll get criticized and judged
Top of Head No wonder I keep getting in my own way

Good, take a deep breath. Then everyone, you can measure again, I'm afraid of being criticized and judged. I was talking in that tapping sequence in a way so the person, everyone listening and tapping, you're really comforting yourself and really saying, "Oh, I get it now, it's so obvious why I would block myself." That's useful. Criticizing yourself and judging yourself for procrastination has never gotten



anybody a step forward in their goals.

Jessica: Right, it never works and we have to remind ourselves all of the time. Carol, that was great and my goal here is that people really begin to tap on their own and feel comfortable with it. So with that, I have to ask you- when someone is doing this work, what would you say to someone who is saying “Oh, Carol, but you're so good at finding the words. How do I figure out what to say?”

Carol: If they really tune in and give themselves some space and some quiet time, you'll get your own words. Yours might be “I always feel unsafe when I'm successful.” Yours might be “I'm afraid of being a failure.” Yours might be “I'm just worried about this one particular person.” You might even go back to an old event. But trust yourself. That's really what I would say to people. Sure, I've been doing this for years and I know how to do it. Trust yourself, because your experience and your fear is what's most important to target.

Jessica: So we did measure before the tapping. We just tapped a little bit, so I invite those who are listening to simply check in and notice if anything shifted. I think what's also very valuable to notice is if you had any a-ha moments, if just tapping helped you gain clarity and you thought, “Oh, well this is actually something I want to spend more time with.”

Carol: Yes, and they might come up with differences, so if criticized and judged is close, but not quite your thing, go to the safety issue. Go to I want to hide, go to the visibility issue. So yes, come up with your own language if that got triggered while we were doing the tapping. Do it again until that fear of being out there is no longer front and center for you. It's no longer important for you to protect yourself.

Jessica: Yes, so with that, Carol, let's go to mistake number two. What do you see happening a lot?

Carol: I see that people aren't specific enough. They come with a problem, they have an idea of what's going on in their life, but they really don't drill down to the specifics of the issue. I'll give you an example, what if someone says, “Oh, I have low self-esteem?” Well, that's a phrase that's been in our language for decades and everyone pretty much knows what that means, but it's not very specific. What do you mean you have low self-esteem? The person says, “Oh well, I just don't feel very good about myself.” Well, what does it mean? How does it show up? That's really a good question. How do you know you have low self-esteem? What happens?



Then they might say, “Oh, when I’m with successful people I start to feel this icky feeling in my stomach.” Or, “I start to feel insecure.” So we’re going back again to the emotions. I feel anxious, I feel afraid. That’s a much more powerful target for tapping than, “Even though I have low self-esteem,” because low self-esteem is a clinical description and it’s in your head again. You’re not really getting to your gut.

Jessica: Yes, and the other reason to be so specific is then you really are able to tell the difference. When someone says, “I have low self-esteem,” sometimes you can say that without even focusing on the real emotion. Maybe it goes back to what we were talking about before, but we don’t feel that same before and after experience because we never tuned into it in the first place.

Carol: Right, because it’s so general, “I have low self-esteem, or someone told me I had low self-esteem,” that they’re not getting into their body and their heart or their gut. So it’s just this description, “Yup, I have low self-esteem.” Well, the tapping is not going to work on that. The tapping was designed to bring up a charge, an emotional charge, and then when you’re in it that’s when you tap and that’s when you start to see the changes. So absolutely, you want to be in it to feel it.

Jessica: What would you suggest to someone who feels like they have low self-esteem and then when they dig deeper, to try to figure out how they know they have low self-esteem, they come up with multiple emotions. What if they say “Well, it’s because I often feel anxiety and I also feel overwhelmed.” What do you do when more than one emotion is coming up?

Carol: Sometimes the larger emotion, the one that’s bigger and louder for you, it wins, so you really can’t go to the second one. If you have anxiety, overwhelm, and insecurity, but anxiety is your top one, you don’t really have a choice but to tap on that one, right? It’s the one that is really the biggest for you, and write it down. I always tell people, take notes, write it down, what’s number one priority? What’s number two? Then come up with a situation. So it’s not just “Even though I feel anxiety,” it’s “When do you feel anxiety?” “Oh, I feel anxiety in social anxiety in social situations, because I feel insecure because I think I haven’t done enough in my life.” Wow, that’s a big sentence. Break that apart and say “Well, what does that mean? Oh, I feel insecure,” then suddenly you might say, “Wow, I’ve been calling it anxiety or overwhelm, but the truth is when you say the word ‘insecurity,’ that hits the bullseye.”

So you might have a conversation with yourself or a friend or in journaling and really find out what is the bottom line here. It’s okay if you’re close and you’re not



really right on it, because you're getting there. You're getting closer but this is really important about specifics versus being too general and being specific with the emotion. When someone says, "Oh, I just don't have very much confidence," you can't tap on, "Even though I don't have confidence," because there's nothing there. It may be factually true, but when is it true? Why is it true? Well, because my father said to me, or something happened that triggered it, and when you're with certain groups of people it triggers it. Maybe when you're with men you don't feel confident. Maybe when you're with successful women you don't feel confident.

Something triggers it and you have to get a fuller picture rather than, "Oh yeah, I just don't feel confident." You won't get anywhere with the tapping and we want you to get somewhere with the tapping.

Jessica: Right. It's especially important when we're measuring on that scale of zero to ten. I've had the experience of tapping with someone who is really angry, and then they've said, "Well, it doesn't work, because now I feel sad." And I go, "Well, what about the anger? Let's check in." "Oh, that's gone, I don't feel angry anymore, I feel this other emotion." So sometimes that happens, right? It can lead us to something else. We can get results in one thing, and we should acknowledge, "Wow, I don't feel angry anymore. But what is this other emotion that was behind that anger?" That's a great target.

Carol: Absolutely, because we are human beings. We're built in layers. The top feeling could be anxiety or anger, and you could have three more layers of feelings underneath it that are driving your feeling of insecurity when you're around people, when you're around people who are successful, when you're around people who seem to have it together. Something is going on, and you could be angry about an incident that happened ten years ago, and sad, and insecure, and overwhelmed. You have to listen to your gut. You really have to listen to yourself and not get intellectual, but go to the body and really listen, "What's going on?" so that you can get specific.

So if we ask someone to get specific about low self-esteem, with low self-esteem it's really important to understand when you have it, why you have it, what triggers it. Ask yourself those questions, and someone might say "Oh, I had it the other day when I was with my boss." When someone says, "Oh, I have it all the time," you don't have it all the time. You get triggered into feeling less than or small or insecure. Someone might say "Ah, yes, that gets triggered in the work situation because I'm new there and I feel inferior." Then you can hear the language starts to change, they start to get more specific. It's not just this generalized, I don't feel



confident about myself, or I have low self-esteem. Then you've got a picture of when it happens, how it happens, and what the real truth is. It's not that it's not true, that you have low self-esteem, but the real truth is that you feel insecure or anxious or overwhelmed, or fearful, and those are always better targets. Emotions are always the best targets for tapping.

Jessica: With that, I would love to have an experience and kind of walk us through how someone who feels like they have low self-esteem, how they're getting specific and tapping on it.

Carol: Okay, so everyone measure your own sentence. I'm going to say 'I'm insecure, and I'm afraid I don't measure up,' phrases like that. Measure that, but go to a situation. Is that at a family reunion? Is that with your peers? Is that at work? Where do you feel that emotion of, 'I don't measure up, I feel kind of insecure or anxious?' See if you can get a measurement, zero to ten, how high is that? Even if it's something that happened a week ago, a month ago, whenever. Then we'll tap on that and you can measure it again and that will help you going forward.

Keep doing this tapping. If you have "low self-esteem" and you fear that you don't measure up, if you keep doing this tapping, it will change your life. But it's not going to happen in two seconds. You've got to do a little bit of work on it. So Jess, start on the side of the hand.

Side of Hand Even though I feel insecure when I think of talking to other people
Because I'm afraid I don't measure up
I deeply and completely love and accept myself
Even though I'm afraid I don't measure up
So that makes me feel insecure
I accept who I am and how I'm feeling
Even though I feel insecure because I think I don't measure up
I accept all of me anyway

Eyebrow I wonder where this feeling of insecurity comes from
Side of Eye I hate that feeling that I don't measure up
Under Eye I can feel that feeling in my body
Under Nose I'm afraid I don't measure up
Under Mouth I feel insecure when talking to other people
Collarbone And that feeling makes me feel anxious
Under arm I'm just worried that I don't measure up
Top of Head I feel so insecure around other people



Good, deep breath. Then whether you were thinking of an old event or something in the near future, go ahead and picture it again, measure it again, and see what's changed. Now if your language is changed and my words didn't really fit you, please change the wording to what you're afraid of - being judged, being criticized, being fired, being judged by them as less than.

Whatever it is, go ahead and change it so that it really suits you, and then do it again. To live with chronic anxiety and insecurity that you're not enough, first of all obviously that's an old issue that has to come from your early childhood. Obviously that comes from childhood issues, not measuring up, feeling insecure, feeling anxious. This would be profound channel for you to tune into and really tap on that. You will really change your life if you get to the bottom of this. Tap on it for social situations, professional situations, so you no longer talk to yourself as "Oh, I'm someone with low self-esteem."

Jessica: Right, so that it's not part of your identity.

Carol: Right.

Jessica: So far we now know that the most important thing to do is to ask questions to figure out what the emotion is behind the behavior, to then be as specific as possible as we're doing the tapping. What is another mistake or something we should really be aware of?

Carol: It's so funny, people do their tapping when they're completely distracted. It's not going to work. You need to be tuned into the emotions in your body and mind. I always say to people you bring up the file. You open the file, and that's how you edit it. People say, "Oh, yeah, I was walking the dog and tapping." Okay, you could get some results walking the dog and tapping, but when you're walking the dog you have to pay attention to other things. So if you're paying attention to the other dogs and other dog owners and to the traffic, you're not really focused on your emotions and your tapping sequences. People walk the dog and do it, people do it while they're watching TV.

Now, there's something wrong with that because some of the things that are on the news on TV right now, it would be a good idea because you would get triggered. Go ahead and tap. But if you want to sit down and do a tapping session for yourself, between 10 minutes and 30 minutes, don't be distracted. The phone shouldn't be ringing, you shouldn't be on Facebook, you shouldn't be talking to other people. You



really want to give yourself that respect and time of saying this is my private time. I'm choosing this issue, I'm choosing these feelings, and I'm doing tapping for myself.

If you're doing two or three, four other things while you're doing it, you're not going to get the results that you could get. That's what the whole point of this interview is, Jess. You and I feel so strongly about it. You can get unbelievably fantastic results when you're quiet, focused, respectful, and really paying attention and being specific about your tapping. But people say, "Oh yeah, I was driving." Please don't tell me you're driving and tapping, because you're supposed to be driving.

Jessica: Right.

Carol: They'll say, "Oh no, I do tapping while I'm driving. I do tapping while I'm doing other things." Well, we're not supposed to do two or three things at once because we can't do them well.

Jessica: Yes, and to your point it's all about getting the results. We were talking earlier, before we started recording, about how if you're nervous and you're on your way to an event and you're tapping without being specific, you're tapping in the moment, you can still get results but that key is that you're in that moment. Even though you're not being specific with the words, you're already feeling the emotions that you're looking to target. Can you explain that a little bit more so people understand that concept?

Carol: Sure, if something has already triggered you, so rather than sitting down and saying, "Hmm, what would I like to work on myself today?" If something is already triggering you, you're going to a meeting, you're already in it. You can feel it in your body, go ahead and measure it. Some people say, "Forget the measuring, I'm really panicking here. I'm really having strong emotions," and they just start tapping. And that's fine because you're in it. You really are charged up and you can feel it in your body and mind, so go ahead and tap. You can say words or not. Your body is really communicating with you and saying you're anxious.

What I would say when you and I were talking about the car is when the car is stopped and you're in the parking lot, go ahead and tap. But do not tap while you're driving on the highway. Just be 100% focused on your tapping, because you deserve it.

Jessica: Yes, absolutely. So that's another common mistake, just not giving yourself really



that time to focus. When someone is really incorporating tapping into their lives and they're looking to be more focused, really have a positive experience, how do you find that they structure that within their day? Are they tapping in the morning or in the evening? Do they set a timer? Is there something that you find works really well?

Carol: Everybody is a little different because I want people to tap no matter what, and if they get to 9 o'clock at night and they haven't done their tapping, I want them to do it then. Some people love structure and they say, "I must do it first thing in the morning." Well, if you get too rigid about it, you may not do it. I just want a plan. For me, my plan is I do my 10 to 15 minutes of tapping every day, rain or shine, any time of day. Even if I'm teaching a 3-day workshop, I go home and do my own tapping on myself. That works for me. It wouldn't work for me to say I have to do it first thing in the morning. Just with my scheduling and what goes on, that doesn't work for me. But if somebody else says yes, I need to do that as a first thing, get my day going, wonderful. The point is if your commitment is strong enough, you'll get it done.

One of the things I was going to ask you, talk to you about with the distraction topic is sometimes people are distracting themselves on purpose. The question is how does that serve you? What's the upside? These feelings are pretty troubling, they're pretty intense. So they say, "Oh, three days went by, a week went by, I didn't do my tapping. Oh well." And I think, really? You're coming to me to learn how to do the tapping and tap on a serious issue, and you let four days go by and life's too busy? That's the problem today, is that people say, "Well life's too busy. I couldn't get to it." That's another tappable issue. If you're not putting yourself first and saying, "My tapping is really a priority because I want to change and shift and improve," well, no one else is going to make you do it.

Jessica: Yes, and you can rewind this audio and go back to the procrastination questions and get really clear on why you're procrastinating around doing this work.

Carol: Yes, so again, to answer the question about how to do it, everyone listening, you know yourself. For me, if I don't exercise first thing in the morning, I will never do it. But that's for exercise. For tapping, I can do it morning, noon, or night, and it's okay for me. So know yourself, make the commitment. I tell you, it's really about the commitment, because once you make that commitment you wouldn't miss it for all the money in the world.

Jessica: So true, wonderful. Now we know that it's really about being focused, giving



yourself that time. What's another common mistake?

Carol: Another common mistake that always makes me sad is when people give up. They say “Oh, it's not really working. I tried that, I learned that at a party, I tried it and it didn't really work. You know, it seems kind of weird.” Then they give up and if they're not doing real tapping on the real issue, being specific, really being focused, having quiet time for themselves, they're not going to get results. You can get mediocre results, because you can always get a little bit, but if you really want to have a wow experience and start to change your life, improve, change whatever you feel you need to change and shift emotionally so that your reactions are better and you're getting along with people and you're making more money.

Whatever your goals are, don't give up. If it's not working, then it means you haven't been specific enough or you're not really tapping on the right issue. The target is not really the target you need to work on. Again, as I said earlier, Jess, tapping works. That is no longer something we need to discuss, whether it works or not. It works on human beings who have an energy system. We know it works, so it's understandable that you could get discouraged, but you want to understand that you're getting discouraged because you haven't quite done it in a way that would really get you the results.

We're not disagreeing with someone being discouraged. You can be discouraged, but you want to look at why aren't you getting the results that people are talking about all over the place and saying this is the most amazing technique. It's now been around for decades. Something like this doesn't stay around, get the research produced, if it's not getting amazing results.

Jessica: Right, and Carol, that's why we have The Tapping World Summit and all of these resources, to help people feel comfortable and encouraged to keep going and get the results that they want. That being said, sometimes there's moments where we need a little encouragement, and I'm sure tapping can really help. Can we do some tapping for when we're feeling a little bit discouraged and we want to feel a little bit more enthusiastic or motivated to continue down this road?

Carol: Sure, and what I would say to people is feeling discouraged is like feeling any other feeling. We want you to own it and accept it and be okay with it, but remember that if you're not getting results with the tapping, go back to some of our earlier points and say, am I being specific enough? Am I really tuning into the emotion? Am I maybe skirting around the primary issue because I'm afraid? Okay, so let's say discouraged. Any of you who've been discouraged about this, or you're feeling a



little lukewarm about your results, go ahead and measure. I feel discouraged, I'm not getting the results, zero to ten - go ahead and measure, and then we'll tap on the side of the hand.

Side of Hand Even though I feel discouraged and I want to give up
I deeply and completely love and accept myself
Even though I feel discouraged sometimes and I want to give up
I accept who I am and how I feel
Even though feeling discouraged makes me want to give up
I accept who I am and how I feel

Eyebrow I feel discouraged
Side of Eye Why bother?
Under Eye I just want to give up
Under Nose I feel discouraged by my results
Under Mouth Maybe I'm doing something wrong
Collarbone I just feel discouraged
Under arm And I want to give up
Top of Head And I accept my feeling of discouragement

Good, deep breath. It's one of the feelings that people don't accept and don't tap on, they just do the behavior - okay, I give up. Discouragement is like guilt or anger or hurt or resentment. It's a feeling to be respected. It needs time and it needs your attention. So go ahead and tap on that as well, but people tend to, when they feel discouraged, just throw in the towel.

Jessica: Yes, that makes sense. Carol, that leads us to the last common mistake you find people making. What is that?

Carol: I find that people get really hooked on only using positive statements. This is a mistake because you're avoiding, again, the real issue, and you miss the opportunity to release whatever emotional pain is in your life. Now, some of this came from I think Law of Attraction trainers and teachers. Don't focus on the negative. The point is you have a feeling, you have a situation, you have events in your life. They are creating disturbing or upsetting emotions in your body and mind. You can't just say positive statements to get rid of it. You can't just focus on "Oh, I'm happy and I'm doing great and I'm grateful." It has no place to land.

I have found that people have developed a bit of a phobic response and they never wanted to mention the negative feelings. It's not negative or positive so much, it is



just a feeling. You wouldn't say to your friend, "Oh, don't feel hurt. You shouldn't feel hurt, feel happy." Any feeling we have is deserving of air time and tapping time. The mistake I see is that people say, "Oh no, no, I don't want to go there. I just want to say happy things and positive things." As a result, they never get to the truth of what's bothering them and so it does not resolve itself. You cannot resolve something by ignoring it.

Jessica: You cannot resolve something by ignoring it. Yes, that's so true. Carol, when do you find going towards the positive helpful? Is there any moment where you think that someone can tap while focusing on something positive?

Carol: Yes, and I usually say try a few rounds focused on the issue first. If you have anxiety or fear or hurt, do a few rounds on the truth. Even though I feel hurt because of what my friend said to me, even though I feel hurt I accept myself anyway. When that number is down a few points, then you can go ahead and start saying something more positive. I appreciate our friendship anyway, this was just a mistake, they didn't mean it. You can start saying more positive things. If you're anxious and all you do is say, "I feel great, I feel calm and relaxed," you're pushing against the factual truth and the physiological truth in your body that says, "I'm anxious, and I have adrenaline running in my body."

So let's say you're giving a speech and you feel nervous. Go ahead and do a few rounds around anxiety and I'm worried and they might judge me and I feel anxious about it. Then when your numbers come down, after maybe two or three rounds, you can go ahead and start saying more positive things. I choose to feel calm and peaceful, I remember that I know what I'm talking about. But what you'll find when you only do positive is that it doesn't work. It does not calm down what's really going on. People find that out eventually, but if people are too afraid to admit or really go to the challenging emotion, they never get there. They stay a bit on the surface and they just say positive things, isn't this wonderful, and I'm so grateful.

It's fine to do a gratitude list. Do that separately. Do the gratitude list. I do the gratitude tapping. It's wonderful, but not when you're feeling terrible.

Jessica: Yes, you have to honor where you are.

Carol: Yes, we really come from a culture that doesn't honor where we are. The tapping is just an incredible tool to help us say, "This is what I'm feeling, I'm allowed to feel it, I accept it, I honor it." The validation is incredible. One thing the research studies can't show is how valuable it is to just validate your emotions. The research studies



can show what happens in the brain and the fight-or-flight response and the chemicals and the cortisol in your system, but validating how you feel is incredibly important.

Jessica: Yes, Carol this has been so informative so far. I'd love to end with doing some tapping. I'd love to see the way that you create that transition between focusing on where we are and then moving towards the positive.

Carol: Okay, so let's do a couple of rounds in a row. Let's choose the target. Everyone take something you're worried about in the near future, so a meeting with your boss, a family issue going on, something you have to take care of that maybe is challenging you and makes you feel anxious and worried. What happens with those emotions is we go around and around and around and we often don't get anywhere. That's where the tapping is so brilliant, because it calms you down. Then when you calm down, we can start doing some positive statements.

So maybe I'll two rounds on the issue, on the worry and anxiety, and then I'll transition to some more positive statements.

Jessica: Okay, great.

Carol: So everyone measure your worry. Think of what it is in the near future that you've got some anxiety about.

Side of Hand Even though I'm worried about this future event
What if I don't do very well?
What if I get judged again?
I accept who I am and how I feel
Even though I'm surprised at how worried I am
I can feel the anxiety in my body
I deeply and completely love and accept myself
Even though I've been worried for a while about this future event
I'm thinking about it all the time
I accept who I am and how I feel

Eye brow I'm so worried about this future event

Side of Eye I'm worried I won't do well

Under Eye I keep going over and over it

Under Nose I am worried about my performance

Under Mouth I really feel anxious about it



Collarbone I can feel the anxiety and worry in my body
Under arm I can feel the anxiety and worry
Top of Head It's so distracting to feel so worried about it

Now, we'll go right into a second round. So go right to the eyebrow.

EB I'm worried I won't do well
SE What if I don't know what I'm talking about?
UE I am anxious about this future event
UN And I don't have a lot of confidence in myself
UM And it's not getting better
CB Maybe it's getting a little better
UA But I have been worried for a long time
TH I'm worried about my performance

So now we'll go right back to the eyebrow and do some positive statements.

EB But I do know what I'm talking about
SE And I do know how to be grounded
UE I feel a little bit better already
UN And I know how to feel grateful for my situation
UM I choose to feel a little bit calmer
CB I know what I'm doing in this situation
UA I choose to feel calm and peaceful
TH And I might even have some fun

Good, deep breath. Now, there are a couple of ways to do that, Jess. You could stop in between each one, measure it, do two rounds on the negative. Then go back and do it again on the side of the hand and then end up with more positive statements. You can do anything you want, but again my point is if you start with the positive and you only go to the positive, you're trying to cover up the real feelings that are coursing through your body. You can't cover them up. It either won't work, or it won't last.

Jessica: Yes, so Carol, what are some final recommendations that you have for us before we go on our way and start tapping?

Carol: Well, they all come from my own mistakes I've made in my own practice with other people and with myself, so I feel pretty strongly about them. They're pretty simple, but create a safe space without distractions. If you don't feel safe enough to bring up



your emotions that you need to tap on, you won't go there. You'll get easily distracted, you'll work on something that is maybe only a three or a four when you really need to work on something that's a seven. So you have to feel safe, too. Create a space, really be respectful. These are your emotions, this is your life we're talking about. Don't handle this casually. I think everyone sees tapping as so easy, which it is, and so simple, which it is, that they tend to not treat it then as a special time by themselves, a special tapping session. They really treat it kind of casually, and it's not. It's an incredible healing tool that will change your life. You and I totally agree on that.

I would also say it's always a good question to say, "Do I really want to solve this problem or is there something else going on?" If you're really focused on procrastination but you find out you don't really want to solve procrastination, because the truth is you're afraid of being criticized, that will come up when you ask yourself the questions. The truth is I'm afraid of success, that's my big issue. I'm afraid of getting out there and being seen as successful. Maybe someone will judge me and criticize me because I'm visible. Then you figure out that's your big issue. Forget procrastination, that's just a behavior. You're afraid to be out there and be visible.

The questions are always important. I love asking people to journal and just say to write notes down. You'll always get great information with that. Be really focused, respect yourself, be in a quiet, safe space, and do the tapping the way it's taught. Traditional tapping, it works. Don't go trying to do a fancy version of it and only do positive statements. Just do basic tapping, and I promise you'll get somewhere.

Jessica: Those are wonderful suggestions, Carol. This has been great, and I hope that people feel confident to give it a try. Experiment, have an experience, ask yourself these questions. Carol, thank you for leading the way.

Carol: Thank you Jess, I love this topic. Thank you for inviting me to do it.