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### Cheryl Richardson

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](http://TheTappingSolution.com/disclaimer). We hope this interview helps you become a healthier and a happier you.

Do you ever wish you were less sensitive? Maybe you find yourself feeling stuck in emotions, or very vulnerable to the energy of others. Being sensitive is often seen as a flaw, but in reality it can be your greatest gift when you understand how to take care of your sensitive self.

To show us the gifts in our sensitivity and how to protect ourselves, we're speaking with Cheryl Richardson from [CherylRichardson.com](http://CherylRichardson.com). Cheryl is a New York Times Best-Selling author. Her books have helped millions of people live a more balanced and fulfilling life. Her work has been covered widely in the media, including Oprah, The Today Show, CBS This Morning, The New York Times, just to name a few. I am always so happy to get to speak with her, welcome Cheryl.

Cheryl Richardson: Thank you, Jess, always great to talk to you, too.

Jessica: This is a big topic. I know a lot of people relate to this, hearing, "Oh, you're so sensitive!" So Cheryl, I'd love to start by learning, what is a sensitive person?

Cheryl: Well, we're all sensitive. I think our basic nature is sensitivity, where we are, if we're tuned in and present, we can be really connected to our environment and people and energy and the flow of the universe, essentially. I can only really speak for my own sensitivity in that I'm very intuitive, I'm sensitive to people around me, I'm perceptive, I feel a deep connection to nature, to beauty, to an empathetic sense of others, the needs of others... And sometimes it's... I'm sensitive to bright lights and loud noises. The other day I was having lunch with a friend of mine, a business lunch in a restaurant, that had ridiculously loud music playing. And I asked the manager if he wouldn't mind turning the music down, which they did. Which was great, I do that a lot.

So just sensitive to an intrusive environment, sensitive to intrusive people, you know, anything that isn't sensitive to others, anyone, any person who is insensitive to others or an environment that doesn't feel like it has a sensitivity to our basic



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nature are some of the things that really make it difficult for me.

Jessica: Yes, absolutely. I feel like in my life, when it comes to being sensitive, I notice that if someone walks into a party in a bad mood, I will immediately pick up on it. And sometimes that can impact my mood. It also makes me empathetic and so I can connect with people. One of the things I've loved about your work, Cheryl, is that you've helped me see that the sensitivity... there are moments when if we don't know how to create boundaries, if we don't know how to say, "Excuse me, sir? Can you lower the music, please?" then it really can impact us in a negative way. But when we're able to take care of ourselves, then it becomes such a great gift because the work that you do, being sensitive, you really connect to people's hearts. I don't think you could do the work that you do if you weren't a sensitive soul.

Cheryl: No, and you know, growing up I was a really sensitive child. My feelings got hurt easily, I cried easily. If my dad yelled at me or my mother yelled at me, it was really hard. I was sensitive to – I can still remember kids in the neighborhood. If they didn't include me in something, I felt excluded and I felt sensitive about that. I just, in some ways, I think as a child I felt like a pincushion in a world full of pins! It's kind of the best way for me to describe it. And my dad, in particular, used to always make fun of me. He would call me Sarah Heartburn. It's funny, I wrote about this in *The Art of Extreme Self-Care*. There's a story where, first of all, the chapter on sensitivity is probably the most popular chapter in that book. Which tells me that this is such an important topic for people, learning about our sensitivity. And when I was young, because I was made fun of for being sensitive and told to kind of suck it up, and I really hated my sensitivity.

This was important. I realize this as I'm saying this, because nobody had ever told me that my sensitivity might in fact be a gift, and showed me how to protect it, I was actually more sensitive than I needed to be, if that makes sense.

Jessica: Yes.

Cheryl: It's kind of what you were saying, Jess, that if nobody ever teaches us how to honor and protect our sensitivity, our sort of basic human, loving, empathetic nature, then we *are* a pincushion in a world full of pins, right?

Jessica: Right. Do you find that the majority of people who relate to this sensitive soul experience are also people-pleasers?

Cheryl: I do. Yes, people-pleasing, people who are prone to be bullied, sort of taken over by



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more narcissistic people, are very empathetic. I think of Chris Northrup and her work around energy vampires, and I think that that's true. I think that, again, I like to think of sensitivity... a healthy form of sensitivity is our basic nature. And unfortunately we live in a world that pretty much forces us to numb out and to kind of go unconscious in order to survive. I mean, if you just look at the news, for example, or you just look at the amount of information that comes into our inboxes every day, whether it's our mental inbox or our physical computer inbox or whatever. It's almost like, if you don't have good, strong, healthy boundaries, you have no choice but to numb out, to dull your sensitivity in some ways, whether it's through food, through overworking, through alcohol, through drugs, through spending. You know, any form of addiction is often a conscious and/or unconscious way of trying to manage our emotional states, in a world that's pretty harsh.

Jessica: Yes, absolutely. So we're beginning to see that in order to protect our sensitivity, that boundaries are important. And yet, speaking personally, that was one of my biggest struggles. Because I was sensitive, often creating a boundary or saying no would maybe upset someone else and then I would really feel that.

Cheryl: Yeah, because if you're sensitive, you're sensitive to the feelings of others. So it's kind of like it's a real dilemma.

Jessica: Right, and I'm happy that we're talking about this because this is something that we need to learn. You mentioned this before, but I think it's worth reiterating. When we're sensitive children, nobody tells us, "Okay honey, when you're an adult, what you need to learn is how to say no, how to speak up for what you need, how to take care of yourselves." We get more value and more emphasis on making other people happy and not rocking the boat. So this is something we have to learn.

Cheryl: Yes, yes, or we're just constantly trying to manage the moods, the perceptions, the behaviors of others through our people pleasing in order to feel protected in some way.

Jessica: It's exhausting.

Cheryl: Yes, it's so exhausting. Can I tell you? And I have to say that tapping, out of anything that I've ever done aside from really good, in-depth therapy, in which case they're both blessings in different ways, tapping is such a powerful way to manage the energy that sort of gets in our way for when our sensitivity is triggered in some way. Whether it's ... I think about the times when I would be speaking. Imagine being a sensitive person and you're about to go up and speak in front of 3,000



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people, right? What I want to do is stay sensitive. I want to stay open. I want to be able to kind of bring in wisdom that I can share with the audience. And at the same time, how do I manage the nervousness, especially the first half of my career, the nervousness of going out on stage and speaking in front of people, number one, but also managing dealing with the energy of 3000 people in a room. And tapping was a godsend for me because it allowed me to do that.

Or, you know, I'd get an email from somebody and it would push my buttons and I would feel the energy surge through my body, and my feelings would be hurt, or I would feel guilty about something, you know, some strong emotion would get triggered because I was so sensitive. And tapping would allow me to just calm myself right down, come back to a centered place, and come back to an adult place so that I could actually deal with whatever was in front of me. So it's one of the reasons why I think it's awesome that we're talking about this topic with tapping.

Jessica: It's really difficult to be articulate and to say what you mean when you're feeling so hurt. I have found that every time I've ever opened my mouth or sent an email or sent a text message, when I am feeling hurt I never do myself any justice.

Cheryl: That's right, most people don't.

Jessica: I want to do a lot of tapping together. A place that I'd love to start, based on what we just covered, is some tapping on that moment, when we know that we're triggered, and we're having the conversation with ourselves of, "Ah! I can't believe I'm so sensitive, they hurt me, this is so hard!" We have layers, right? So we're hurt, but then we're also upset at ourselves, that we find ourselves triggered again. Can we do some tapping, just to kind of create some ease around some of those charged emotions?

Cheryl: Sure, so to get started, I would invite anyone listening to think about a time, something right now maybe that has pushed your buttons, something that's annoyed you, something that feels like it's somehow invading your sensitivity. I'll put it that way, or is triggering some kind of strong energy that you wish you could get a handle on so you could come back to a more centered place, that would be great. And you might want to measure it on a scale from one to ten, like we often do, with one being, "I'm totally fine and calm and feel balanced," and ten being, "I feel so triggered and energetically off balance and thrown." And just measure where it is now, and then we'll go through the tapping sequence.

Jessica: Okay.



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Cheryl: Okay, so let's start with the karate chop spot.

Side of Hand Even though I feel so sensitive  
I love and accept myself

Even though I feel like a pincushion in a world full of pins  
I choose to love and accept myself

Even though my energy feels overwhelming  
I choose to feel peaceful and calm

Eye brow I feel so sensitive  
Side of Eye My energy is overwhelming  
Under Eye I don't like this feeling  
Under Nose Feeling unbalanced  
Under Mouth Feeling triggered  
Collarbone Feeling so young  
Under arm I'm judging myself  
Top of Head I'm so mean to myself about my sensitivity

EB I hate being sensitive  
SE I love being sensitive  
UE No I don't, it's uncomfortable  
UN I'm learning to deal with my sensitivity in a healthier way  
UM I love myself  
CB I love my sensitivity  
UA I'm even willing to learn to love my sensitivity  
TH I am safe

Take a breath, and just tune in again to the one to ten scale and notice if there's been some movement.

Jessica: I definitely feel... just a sense of openness. We're going to keep going, we're going to talk about boundaries, but sometimes it's so hard to take in information when we're feeling the anxiety and the frustration and the hurt. I think just from the tapping we did, it brings us to a nice place to continue to explore this topic. I'm bringing up boundaries again. A lot of people don't really know what that means in their own life. You know, people say we need more boundaries, but maybe it's through a story or an example. But can you kind of paint a picture for us?



Cheryl: Well, you know, if you want to think about it visually, if you were to imagine yourself standing in the middle of several circles, almost like ripples out from you. You know, where you've got one wide boundary, a circle that's far out. Let's imagine that the circle is, I don't know, 30 feet from you, and at that circle, at that boundary line, the message might be, "Nobody has the right to scream at me," right? And so, there's a certain level of behavior and experiences that we have the require wide boundaries so that people don't too close to really wreak havoc. And it might be that if we move to the next level of boundary that's in closer to us, it might be that "I don't allow people to raise their voices in my company." And an even closer boundary might be, "I don't allow people... people may not be harsh with me."

Now, I'm just trying to use that as an example of there's lots of different kinds of boundaries, and it's important for us to think about what kind of protection do I want in my life? So, from a sensitivity perspective, I think of myself. One of the things that is important to me, that really allows me to protect my sensitivity, is to have a lot of space around me. So if I were to think about the boundary between me and emails, phone calls, commitments in my calendar, stuff in my life even, I might have a wider boundary, that circle might be out further than it is for a lot of people, because I happen to know that in order to honor my sensitivity, I need space in my life. I don't need a schedule that's crazy full, I don't need a whole bunch of appointments crammed into one day. I don't need to be checking my email 50 times a day because I think of all of these things as intrusions on my space, on my environment.

So recognizing, over time we begin to get a sense of, what are the kinds of boundaries that are important to us, and what do we need in order to protect our own sensitivity? What kind of environment do you need? Do you not like loud noises? Do you not like crowds of people? I know, for example, I have a birthday coming up. And my husband Michael said to me, "Honey, do you want me to throw you a surprise party?"

Jessica: That's not very much of a surprise!

Cheryl: It's kind of joke, but he teased me because he knows no, I don't want a surprise party. But you know, "Do you want me to throw you a big party?" I said to him, "You know, I really don't." And here's why, because I know myself so well, it won't be an enjoyable experience for me to be in a room of 50 people. It wouldn't even be as enjoyable to be in a room with 12, or 10 people. I would like to invite six of my closest friends to a nice dinner, someplace quiet, someplace beautiful,



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because I love beauty. That, to me, would be an ideal situation.

Now, ten years ago I had a party, and it was a surprise party, and there were probably 100 people there. He threw a surprise party for me and it was absolutely fine for who I was then. I find that as I get older, my boundaries change and suddenly I don't want to have a lot of activity going on around me. So we need to think in terms of our environment. The other thing I'll say about that is, another good example, most people struggle with clutter in some way. I find again, to protect my sensitivity, I find myself more and more creating more space in my environment, letting go of clutter, and even, again, if we go back to those rings, the circles around us, it used to be that the furthest away circle was just like, "Oh my gosh, if the room is filled with stuff, we need to start cleaning it out a bit."

Then as time goes on and you learn to protect your sensitivity more and more, and that boundary moves in, all of a sudden, it's "Oh, you know, the room looks pretty neat and orderly, but there's still too much stuff on the tables. And I need to remove, out of the ten things that I love that's on a table next to me, I'm going to reduce it to five, because there's a way in which I'm going to be able to appreciate, with the space that I create with that, I'm going to be able to appreciate those five things." It could be people, could be things. And again, as we learn to protect our sensitivity more and more and more, we find that we start to just eliminate things from our lives that no longer allow us to be truly present, to be truly connected to both ourselves, our environment, and others. So I guess there's so much about intrusion, that's the word that keeps coming to me.

Jessica: Yes, and what comes to mind is the way that we also experience these intrusions by people's requests, so people asking things of our time. And I think that's where it can become very difficult. I know for me, if someone needed help, I want to help them, because I'm a sensitive person. But I was doing too much, and I was putting other people's needs before my own. And I know that's a very common pattern with people who are sensitive. Can you talk a little bit about requests, about making boundaries around people that you love?

Cheryl: Yeah, so I think about something I did, I think four months ago, that really, this is just a little example that really made a difference for me. I get lots of emails, right? And lots of texts now, which make me crazy. I've probably said this before because I feel like every time you turn around, there's more and more ways, DMs on Instagram, right? There's more ways for people to be in touch with us. Well, the way that we cultivate and support and protect our sensitivity is with creating space. We need to not be constantly defending ourselves against stuff, people, requests,





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energy, media. I mean, that's really what we're talking about here.

About four months ago, a friend of mine who is a professor at a University in Boston invited me to go to a café to do some work with her. She was doing some work, she was grading papers, and she said... grading essays online, not papers! But she said, "Do you want to come in and do some work?" and I thought, "Yeah, I'll do that." So we went to a local café that we love, ordered a cup of tea. I brought my laptop, and I went through my inbox and responded to emails. And we had such a great time that we decided to do it the next week, the next Wednesday. We'd go to the gym together and then we'd go to a café, and by the third week we both realized, "Wow, this is a very powerful way to do two things, to be productive, and to get our work done while having fun being in the company of somebody that you really like. And more importantly, to create some space from requests in our lives on a regular basis throughout the week."

So now I know that any emails that come in, let me say this, now I know I can actually check my emails a couple of times a day. If there's anything really pressing, I can respond immediately, but my first question is "Can this wait until Wednesday?" And if it can wait until Wednesday, I do not respond. And what's happening is the people who typically hear from me right away are beginning to get trained that they'll hear from me once a week, and I'm able to no longer worry about the requests that are coming in a lot through email. I mean, that's kind of the primary way that requests come in for me. I can stop worrying about the request coming in because I know on Wednesday I'll sit down and devote two hours to responding to everything in my inbox so that by the time two o'clock rolls around, my inbox is empty.

It's given me so much freedom and space throughout the week to actually do things like take a walk and enjoy nature without worrying about something that has to get done. Or hanging out with my husband some late morning unexpectedly and just hanging around together, having a good time, and not thinking about things that need to get done. This is what I mean about protecting ourselves from the intrusions. Now, if you've got family and friends that are calling you, or maybe you've got, let's say you have family members in your home, kids, a spouse, animals, whatever it might be, this is going to take some practical work to look at. I often recommend, if you've got good relationships with the people in the household, will you hold a family meeting? And you talk about your need for space and free time and spontaneity, and you work together to come up with a plan whereby people will take on certain obligations, or certain chores, or certain tasks in the house, so that everybody gets a chance to have some free space, free time, to be able to be present





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to what really matters to them because that's how we cultivate sensitivity.

So having that kind of family meeting, and of course, women will always say to me, "Well, I've done that before and people don't listen." Well, eight times out of ten the reason family members don't listen is because you go back to trying to be general manager of the universe doing everything again. So you've got to really train yourself. It took me two months of training myself to not sit down and start responding to email that didn't need a response right away, any other time other than Wednesday. I had to train myself and learn to trust myself, learn to trust that I would show up and get that stuff handled.

Jessica: What advice do you have for someone who knows that they are going to see someone who drains their energy, and maybe they don't have control? Sometimes we can stay away from those people, and that's what's recommended, obviously. But other times we just have to see that uncle on Thanksgiving, or there's a coworker and we're just stuck seeing them every day and we know that we're about to go into a situation where we often can feel a bit sensitive and a bit triggered. Is there something that we can do to protect our energy?

Cheryl: Yeah, or drained. You know, the first thing I thought of when you said, "You know, could you have some advice for somebody who is going to be getting together with someone that drains you," and I thought, "Yeah, don't get together with them!" I mean, honestly, I'm just going to say let's start there, because the number of people that tolerate their energy being drained, which to me is a violation, is pretty high based on the work that I do with people. Based on the workshops that I teach, I see that people actually think they need to put up with this. So I'll get to your question, which is an important one, but before that let me just say that I think all of us have to really recognize that not only the environment that we live in, that we work in, that we find ourselves in, has an impact on our ability to let our sensitivity be present. But certainly the people that we put ourselves in the company of, and so if you have an uncle that you don't like who is going to be at Thanksgiving, I want you to really think about doing something different for Thanksgiving.

Now, I come from a big family and every Christmas Eve my whole family gets together, siblings, spouses, nieces, nephews, everybody's kids, some of their kid's friends. It's like 50 people! We did that for years, and it wasn't until I think halfway into my marriage where I said to my husband, I don't really want to go. It's too overwhelming for me to be there on Christmas Eve. I can't have meaningful conversations with people, it's loud, the energy is just overwhelming. And I know my family is going to be incredibly disappointed because my mom and dad love for



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all of us to be together, but at some point, I realize I like to walk my talk here. And this environment is, I would find myself eating everything in sight, just trying to manage my energy by just calming my physiology with food.

So Michael and I sat down and said, “Okay, what can we do differently?” And we made a decision to throw a party for my siblings and their spouses, my in-laws, at our home, in the beginning of December, and do it the way we wanted with a smaller amount of people so that we could see my siblings for Christmas and not go to Christmas Eve. And listen, people didn’t like it in the beginning, and I, the first Christmas Eve, I was like, “I kind of miss my family. It’s a tradition.” But by the end of the night I was so grateful that I wasn’t in that environment, so sometimes we have to make difficult decisions that rock the boat with other people, that break traditions, and sometimes the very first year that you do that or the very first time that you do that, you’re going to have to sit through the discomfort and allow it to get easier the next year. So that’s important to say.

Same thing with a coworker that’s chronically complaining. I mean, listen, if you’re working next to somebody who is chronically complaining, and you can’t find an acceptable way to make that working arrangement pleasurable for you, I don’t know if it’s putting headphones in and listening to music, having a conversation with your coworker, or whatever, you need to look for another job. This is what I mean about taking our sensitivity seriously, taking our sense of presence and availability to others seriously, by making difficult choices sometimes.

Now, I remember when my dad was really sick, just before he died. And he was in a hospital in Boston, and it would take me an hour and a half, if I was lucky, to get to the hospital. The traffic could be horrible, and I could sit in traffic forever. And I wanted to go. It felt like I couldn’t not go. I didn’t know, we didn’t know how much, how long he was going to be with us. And I knew what I was up against, and so I made a point to connect with a friend in the car, call somebody, and have a conversation while sitting in traffic. There are times where we do have to do things. I think those times are a lot less than most people realize, but when you do, I think it’s really important that you ask yourself, “How can I make this a joyful experience?” Just be outrageous about it, like instead of, “How can I tolerate this? How can I make this a joyful experience? Who can I turn to for support?” And most importantly, “How can I limit the amount of time I’m there?”

Jessica: Right, and so when we decide that we want to make a change, that we want to not go, limit our time, structure it different, it often means that we have to have a conversation. And that conversation can feel very scary. Do you have some advice,



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and can we do some tapping that can prepare us to speak our truth?

Cheryl: Yes, so one of the things I want to say is back when I used to coach, when I had a private practice, I can't tell you how many times I would coach people through having a difficult conversation and they needed two things. They needed the language to communicate what they needed gracefully and lovingly and also firmly. So a lot of times we would work on the language. And I think people need to do that, like practice with somebody, role-play with somebody. It's very important, especially if, believe me, when I had to call my mother and tell her that I wasn't going to be coming for Christmas Eve, I was like a little girl. Because I knew she was going to be disappointed, and I'm sensitive, and I didn't want to disappoint her. But I also knew I had to take care of myself as a grown adult woman.

So I practiced. I talked to a close friend of mine about it. I talked to my husband about it. I practiced what I was going to say ahead of time so that I would be respectfully communicating, both on my own behalf and for her. So I think that's really important, and then there was something else I was going to say that just went right out of my head. Hold on, okay, here's the other thing. When you have to have a difficult conversation, practically speaking, one of the things you can do to support your sensitivity is to have a cheerleader in place, or a support person in place, both before you make the phone call or before you have the meeting, and after you make the phone call or the meeting, so that the natural anxiety you'll feel after having a difficult conversation needs to be able to be vented somehow with somebody safe.

So as a coach, I often would work with somebody on how to communicate gracefully and lovingly, and firmly, have a conversation with them just before they got on the phone to talk to that person, and then have them call me as soon as they have the conversation so I could help them to feel good about the decision they made, regardless of the anxiety that was coursing through their body. And of course, I would use tapping as well. And sometimes, just collarbone tapping. "Even though I feel anxious right now, because I took this step, I love and accept myself." Or actually I would go, "Even though I feel so anxious about what I just did, I choose to feel peaceful and calm." I would be repeating that over and over and over again. "Even though I feel so nervous about what I just did, I choose to feel peaceful and calm." And just tapping the collarbone can make a huge difference.

Jessica: Can I share a quick story? I relate so much to this. I was working with a client who is a nurse. Talk about sensitive souls. Not all nurses are sensitive souls, I'm sure, but there's a sensitivity, there's an empathy, there's a caring. And she was working long hours and she knew she needed to create boundaries and spend more time on



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herself. She had a day off, and in that morning at like 7 o'clock she gets a call from the secretary, and... we'll call her Susan. The secretary says, "Susan, I'm so sorry, but we really need your help. We're understaffed, can you come in on your day off?" Normally she would have said yes, it would have just come out of her mouth before she allowed herself to think about it. But we had tapped together and she started to tap immediately. She said, "No, I'm so sorry, I can't come in." So then the secretary says to her, "Susan, you're breaking my heart." That's what she says, to a sensitive person, and Susan says, "I'm so sorry, I'm sure you'll find a way to make it work," and hangs up the phone. Now, all she can hear in her head is, "Susan, you're breaking my heart." So she just sat there and she tapped, "Susan, you're breaking my heart. I broke her heart, I broke her heart, all those feelings. I don't like to disappoint."

She had a moment of just letting herself tap, bringing up those emotions and then reminding herself why she chose to make that decision. She felt so much better and then later in the day she gets a phone call from a friend and says, "Hey, are you free? I have this extra ticket to this sunset cruise." She said she found herself unexpectedly, that day, on her day off, on the ocean thinking "Wow, it really does pay off when we stand up for ourselves!"

Cheryl: Yeah, and that comment about, "Susan, you're breaking my heart," if you're somebody who often responds to the needs of others quickly, impulsively even. Because a lot of times people who are sensitive, well, that's too much of a generalization. But women, I'll say, who are prone to being more people-pleasers really have a strong need to be needed. So when somebody calls and says, "Oh my god, we really need you," we tend to impulsively respond. If you're somebody who is like that, the thought of breaking somebody's heart is just unbearable, right? It feels like the whole world is going to come crashing down, but when you do it, you soon discover that the whole world can actually go on without you and not only that, what I love about your story is, you also invite life to bring you really beautiful experiences where you can open yourself up, let your sensitivity take in the vast beauty of something like the ocean or a wonderful experience with a close friend or something like that, but boy, that's such a triggering comment!

Oh, I know what I wanted to say too, that very often if you are somebody who impulsively jumps to support the needs of others, you've actually trained them, even unconsciously, to know that something like, "Susan you're breaking my heart," will actually get their needs met. Now, I'm not saying that this woman calculated in her mind, "I'm about to say, 'Susan, you're breaking my heart,' and this will get her to do it." It's almost energetically that when you're somebody who is constantly



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putting yourself out for other people at the expense of yourself and your own sensitivity, you really... people get used to that. They expect it and they are surprised when you don't do it. You've got to be able to hang on through the anxiety that comes from surprising yourself, even, when you make that choice. So this is where tapping can be very, very helpful.

Jessica: I'd love to go into some tapping that we can do before we have a difficult conversation to feel more centered and strong. But before we do that, I do have one quick request. Can you share with us what we can say when we want to get out of the habit of just saying yes automatically? You just mentioned that it can happen sometimes without thinking about it. We're just trained to say yes, sure, I'll be there. When we need to have more time so we can actually allow ourselves to think as to whether we want to do it or not, what can we say to buy ourselves some time?

Cheryl: Yeah, so that's a really good question and you need to be prepared ahead of time and what I always tell people is you know what, you can do a couple of things. You could say, "You know what, let me sleep on that, and I'll get back to you." That's one option. The second thing is you could tell the truth on yourself even, where you could just say, "You know, in the past I've had a tendency to impulsively say yes and I'm learning not to do that. So may I get back to you?" You could do that, right? The thing is the first step is to recognize that impulsive habit of just saying yes, and you'll start to see it big time once you decide you want to become more aware of it, so catching yourself or seeing when it happens, sometimes you may just say yes anyways, but beginning to see when you do that is a good first step. Then just saying to people, "You know what, I'll need to get back to you on that," regardless of what it is.

I mean, I can't think of anything somebody would ask me... except, "Could you carry this heavy bag?" Well, that's going to be hard to say, "I'll need to get back to you on that." But for the most part, most requests, being able to say, "Give me some time to think about that," or, "Let me get back to you," or, "Let me sleep on it," I think is just smart, to kind of implement that as a standard rule.

Jessica: Yes, definitely. Okay, so let's do some tapping. We know we want to make a change. We need to call our mother... We need to have a conversation with our boss... We need to have some conversation because we know that something needs to change and we need to make an adjustment for our sensitivity. How do we tap so that we're not overwhelmed with the fear, so that we can really speak our truth?

Cheryl: Okay, so once again, for those of you listening, you want to just stop for a moment



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and think about a difficult conversation you might need to have. Like you may need to call your mother about cancelling an event or not being available to somebody as frequently, or wanting to have a difficult conversation with a friend who's always calling and draining your energy, or a difficult conversation with a boss.

Whatever it might be, you could think about a challenging conversation you need to have and rate your fear, your anxiety, the stress level that you have on a scale from one to ten, with one being no stress and ten being full-on stress. Then we'll start to do some tapping on it now. So, side of the hand, the karate chop spot.

Side of Hand Even though I'm so nervous about having this conversation  
I choose to feel peaceful and calm

Even though I don't like disappointing people  
I choose to disappoint them anyway

Even though I hate my sensitivity  
When it comes to having hard conversations  
I choose to love and accept myself

Eyebrow I'm scared to have this conversation  
Side of Eye I don't know what will happen  
Under Eye What if they get mad at me?  
Under Nose What if I disappoint them?  
Under Mouth I don't want to have this conversation  
Collarbone It makes me feel small  
Under arm Oh, that's it  
Top of Head I'm actually quite young right now

EB Growing myself back up  
SE Becoming an adult  
UE I can do this  
UN No, I can't  
UM I'm afraid to tell the truth  
CB What if they don't like me?  
UA I don't like the energy I feel  
TH Oh, I'm young again

EB Growing myself up  
SE Growing up my energy



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UE Feeling like an adult  
UN Feeling articulate  
UM Feeling empowered  
CB Feeling brave  
UA I can do this  
TH I can be honest  
I honor my relationships  
By telling the truth  
Lovingly  
Graciously  
Directly  
And firmly  
I am safe

Then just take a breath.

Jessica: I wanted to end that with an amen!

Cheryl: I know, I'm thinking, who do I need to talk to? I'm going to call right now when we finish this.

Jessica: That was wonderful and this is something, these conversations, these difficult conversations, never end. You don't have to have them as often, but it's part of life, right?

Cheryl: Yes, and when we were doing the tapping and I talked about feeling young, feeling adult, I know you and I have talked about this before, Jess, and I know that people really respond to this conversation. It's important to remember than when our buttons are pushed, when we're scared about talking to someone, we need to stop and ask ourselves, close your eyes and ask yourself, how old do I feel right now? Because very often we go into a regressed state emotionally and we're no longer the adult Cheryl having the conversation, I'm the 5-year-old Cheryl, imagining having an adult conversation, and it's incredibly scary to do that and the sensitivity that I have gets heightened, and then my anxiety starts going.

So recognizing that, "Oh, wait a minute, I'm not the adult, I'm five," and tapping around growing yourself back up helps you to enter into a functional, articulate, empowered, clear adult state. Because most adults can have an honest conversation about what is and isn't working for them. It's the kid in us that gets scared that they're going to disappoint somebody or hurt their feelings or piss them off or make





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them hate us. I mean, that's a very young, it's often a very young place that we go to, and tapping is a great way to grow yourself back up.

Jessica: Yes, and the quickest way to misery is to try to make everyone happy.

Cheryl: Yeah, "everyone" is a lot of people, people!

Jessica: Yes, and so we did some tapping here and we're going to have this in the workbook. If someone is doing the tapping on their own, do you have any tips on how they can find the best words for themselves?

Cheryl: That's a good question, right? That's a question we get a lot. First of all, I would say trust your intuition. I think that that's important. Start out with the basics. So if you just start out with, "Even though I'm really scared to have this conversation," or, "Even though my energy feels overwhelming right now," or, "Even though I don't like my sensitivity, I choose to love and accept myself." Actually, let me change that, because I do a lot of tapping with people and with myself, and I do find the reason I use this one is because it works consistently. So, "Even though I'm afraid to have this conversation, I choose to feel peaceful and calm." I have literally done tapping with people who are in a heightened state of sensitivity and fear and anxiety, and just doing that over and over again on the karate chop spot or at the collarbone... I remember one woman she said, she literally pretty much fell asleep in front of me. It just calmed her energy right down.

So you can choose any of those examples that I gave and follow it with, "I choose to feel peaceful and calm," and I do that a lot myself, Jess, on the collarbone. Sometimes actually tapping, sometimes imagining that I'm tapping, depending on if I'm in a meeting or whatever. You know, "Even though I feel overwhelmed right now, I choose to feel peaceful and calm." "Even though my energy feels overwhelmed right now, I choose to feel peaceful and calm." If you start there, then pay attention, like we say, to any thoughts, words, images, whatever it might be that comes up for you when you're doing that and then use *that* language. So for example, if I'm in a meeting, this will happen to me and it happened to me yesterday. I was in a board meeting and it was going on forever. I was getting bored in the board meeting. I could feel – I'm sensitive, and I could just feel myself getting like, frustrated.

So I was just rubbing my collarbone, "Even though I'm really frustrated right now, I choose to feel peaceful and calm." "Even though I'm bored in this board meeting, I choose to feel peaceful and calm." Just doing that over and over again, I noticed



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myself suddenly just calm right down to the point where I even forgot that I was bored. I was able to then be present and participate in the meeting.

Jessica: I think you bring up a good point. There are times when we can go, we can sit down and we can go through all of the tapping and it's powerful. And there's other times when we're at the board meeting and we can really discretely begin to stimulate these points while we say these things. And I have found, too, is, they become an anchor. The more that you use it, the quicker it works.

Cheryl: That's right, because your mind and your body and your energy field really does get anchored. And you're absolutely right, it gets used to... there's like a positive trigger that happens, right? Where the moment I touch that spot on my body by my collarbone, for example, my body goes, "Oh, okay, attention, she wants to calm us down. Let's pay attention to what's going on here." It makes it a whole lot easier for sure.

Jessica: As we wrap up here, Cheryl, I would like to focus a little bit on the gift. We're talking about protecting our energy, but I think it's worth honoring ourselves and giving ourselves a moment when we appreciate our sensitivity. How do you do that for yourself?

Cheryl: Yeah, that's a really, you know, I think that's so important because it's amazing to me that at this point in my life I value my sensitivity so much. I value my appreciation for nature and for wildlife, and it has inspired me to support organizations that value nature and wildlife. For example, I value presence with my husband Michael so that we can really laugh together, love together, enjoy each other's company, have meaningful conversations. Creating the space, like I talked about earlier in my life, has really allowed me... in my work, I think about some of the CEOs that I work with or some of the board members that I work with, people who are really struggling. Not only am I perceptive about what's happening because I can tune into my sensitivity, but more importantly my sensitivity connects me with love, which is the most powerful healing force of all.

So even... on Sunday I was teaching a workshop, and I had this experience with a young man who was really struggling with his sense of self-worth. I did some tapping with him in front of the room, that of course worked so beautifully because it's amazing how it works. And as we completed the tapping, I could just feel almost like, and I bet you have felt this too, Jess, this channel of love between myself and him. This kind of channel that opens up where the sensitivity is allowed to be fully present like, "All senses are on, I'm in that moment, with this man, we're both the



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same, two human beings and two souls in physical bodies trying to get along in this world.” And I am able to do all of those things because I put limits on how my time is used, how my energy is used, what I say yes to, what I say no to.

Today, I’ll finish with this, I see “no” as the most powerful prayer in my life. It is an offering to my soul that allows me the space, the time, the energy I need to be fully present in a way that not only makes life so meaningful for me, but allows me to make such a powerful contribution to others.

Jessica: That’s beautiful. Well Cheryl, thank you so much for leading the way and for everything that you shared today. It was very eye-opening and powerful, thank you.

Cheryl: You’re welcome. Thank you, Jess. I always love talking with you.