



Ryan Haddon

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.

Do you have a relationship in your life that causes you stress and anguish? Maybe it's that coworker you can't stand or the uncle who angers you at every family gathering. Or maybe you find yourself having moments where you're really struggling within your own romantic relationships. By the end of our time today, you will learn what to do when you're feeling overwhelmed and frustrated so you can come back to your center and feel a sense of confidence and peace.

To lead the way, we are speaking to Ryan Haddon from RyanHaddon.com. Ryan is certified as a life coach through the International Coaching Federation, a certified meditation teacher, and a certified hypnotherapist through the National Guild of Hypnotists. She combines all her trainings, including EFT tapping, to help her clients move into alignment and find their center. I'm so thrilled that she is with us. Welcome, Ryan.

Ryan Haddon: Oh, it's so great to be here. Thank you for having me.

Jessica: Of course. Well, this is a big and juicy topic that impacts all of us. I'd love to start by learning about emotional triggers. What's it mean to have an emotional trigger, and what role does it play within our relationships?

Ryan: Well, I think that emotional triggers are markers for us to show us where we need healing in our life. So instead of when they do pop up, these said markers, instead of feeling a contraction around them, like oh something is wrong, something is off, instead if we could just sort of pause and invite them in to know that this is a place where we want more healing for our evolution. So clearly people who are tuning into you and who tap are on the spiritual path or on a path of sorts to move into their highest version of themselves. So that's another way of looking at it as a place where there's more work to do and a place to have compassion. There's a vulnerability to invite it in as such.

Jessica: Which is definitely a different perspective than most people have. They're in a



relationship and they feel triggered, and it can feel very frustrating. So looking at triggers in this new way, as this opportunity, when we feel ourselves being triggered by a relationship, by what someone said, what's the first thing that we can do?

Ryan: Well I think first off is knowing that the solution isn't what the other person is doing, per se, something they're doing, saying, or being, is highlighting this space that needs healing within us, right? So it's taking the focus off of them and the behavior, and putting it back on us. And it's hard to solve a problem in that moment, or it's hard to solve a trigger in that moment, when we're face-to-face with it. So certainly when emotions are elevated, so find a way to exit. There's a few things you can say in that moment when things start escalating with someone or you're feeling that trigger happen. And you can just excuse yourself, you can leave ungracefully, because that's better than the alternative of saying something you might regret. And getting to a quiet place to be able to regulate yourself and obviously I am a huge proponent for tapping. That's a really quick way to get back into alignment and move into that better, higher quality of relating with another person.

Jessica: I think we've all had the experience of being in a moment, feeling triggered, and then saying something that we later regret. That seems like, in itself, just an important thing for us to remember. I like how you made the point that you don't have to do it gracefully. But what does that look like, just saying, 'I need to take a break,' or just walking out of the room? I mean, how do you see it, when you're working with clients? How does this show up?

Ryan: Well, it depends on if it's someone that, like you say, it's a husband or say it's a family member, or maybe it's something, they know that you're on this track to become this better version of yourself. It's okay to sit with them ahead of time and say, 'Look, I'm working on myself. When this thing keeps coming up for me, I might exit the conversation, and please don't take offense to it. It's just I'm working on being better so I can bring more to the table.' And sometimes if we have a partner or we have a family member who is on that same page, that's doable to do that. Sometimes you can't get out ahead of it, ahead of time. But I think that's always a nice thing too, and I'm sure your partner would like that as well, would appreciate that, that respect that you're extending to them, that I don't want to say anything that might hurt you or go into old patterns of behavior with you. So this is what I might do, is when I get triggered, I might just exit. I might say, 'I'll be right back,' or I might just turn my back to you. It doesn't mean I'm walking away because I'm avoiding it, it just means I'm not going to be able to solve this and get us out of this situation that we keep finding ourselves in.



So that's in an evolved partnership, there's that. Then if there's not that evolved partnership, I have also recommended people to just say, 'I've got to go to the bathroom,' or, 'I just have to take this call.' Or, 'You know what? Let me get back to you. This isn't going well.' Then just walk away. So whatever, I think, it's just knowing the highest priority and intention that you're bringing to this, is your evolution, and not in focusing on what they could do better. It's about exiting and creating a strategy, or these tools, that you can move into when things are digressing, so to speak.

Jessica: Yeah, or trying to fix the problem in the moment, as it's escalating. So that's the first step, we just have to have that awareness, to give ourselves that space. So now we walk away, we are now with our own thoughts, with our own emotions. What do we begin to do to gain clarity on what is really going on and how to tap?

Ryan: Okay, well we first noticed we've taken the focus off of an external, and we brought it back to us. So now we're back to us and we're having this breathing or we're having this triggering, and our thoughts are running crazy. You know, like they did this, they always do this, I feel this way because they're doing this. So it's kind of a jumble. So I would say the first thing that I always say is to take three deep breaths, because it changes the chemistry of your brain. So just to really be with yourself in that moment, bring everything into this intentional moment with you. So you know you're off your center, you're calling it out, you take three deep breaths. We're talking big, deep, abdomen belly breaths. So one, and another one, it feels so good, because a lot of times when we're in those moments, we're breathing those shallow, treading water breaths and it's escalating our anxiety and our stress.

So one more big, deep breath. So by doing that we've already released those feel good hormones in our body, and then maybe if you can, I suggest sitting and doing some writing. So while you're activated and while these thoughts are running, write down what they are. And that's going to help us with our tapping, because we're going to get the words that we need to use, that will be helpful to use through our tapping process. So go ahead and write them out. Just scribble them out. Maybe you have a piece of paper with you, if you're going to a family. You have a journal with you, in your purse, or you brought it under your arm, or a scrap of paper. And just write it out, so then that's the prep before we get into our tapping.

Jessica: And what we're writing out is what we just experienced, the reason that we're upset. Then it seems to me that as we do this, we're going to start having more awareness around what we're feeling. Because there's a lot of different emotions that come up.



Maybe the first one is anger, but as we begin to write, we start to see that there is fear or there is jealousy.

Ryan: That's right, and a lot of times when we're in that fight and flight we are not cognizant of all the reasons why we're feeling the trigger. There's something that happens when we put pen to paper, that's like a left brain, right brain thing, that it starts to download and sometimes through writing you can really see wow, this really reminds me of how I keep putting myself in the position with this person, or how they're touching on this vulnerable part that I haven't been willing to look at. Or I'm participating in this drama with bringing the same thing to the table every time. So something happens in the writing that, and it moves us out of that fight and flight- stuckness, if you will.

Jessica: Yeah, I know a common obstacle for those who are beginning to use tapping in their lives is they don't know what to say, they don't know how to do it themselves. Here you're saying you start with this journaling and there's your tapping script. So I think that's such an amazing process, so we don't get hung up on well, what should I say for this situation? We are giving a voice to how we're feeling. I would love to do some tapping to give us an example of the kind of tapping we would do in the moment, when we're feeling that overwhelm and triggered by that person.

Ryan: Great, let's do that. That would be amazing. First of all, let's do what we do, which is notice where that tension is, and we'll give it a number, from zero to ten, ten being the most intense. So let's imagine ourselves in that situation where imagine that person and that feeling that you have, that heightened anxiety, overwhelm, stress, anger. So let's take that minute and then give it a number. Take a nice breath. Good, so you have your number, so that's your baseline of where you are before we start this process of tapping. Then we can take another nice deep breath together. Good, and you can repeat after me either in your mind or out loud. So we're going to tap the side of the hand and the karate chop with the two fingers of the left hand, and the two fingers of the right hand. So this side of the hand, and we're going to start.

Side of Hand Even though I'm feeling really upset about this person
I know how I feel
And I honor how I feel
And I give my body permission to relax
Even though I'm feeling really triggered and overwhelmed
I accept how I feel
And I breathe deeply



Even though I'm upset with how this interaction went
I accept myself and how I feel

Good, and now we'll spend some time giving a voice to that frustration, so let's
move up to the eyebrow and start tapping on the eyebrow.

Eyebrow	All of this frustration
Side of Eye	It's not fair
Under Eye	How they're acting is wrong
Under Nose	I feel really triggered
Under Mouth	I am mad at them
Collarbone	And I'm a little mad at myself
Under arm	For letting them get to me
Top of Head	I am really upset
EB	This conflict has left me feeling angry
SE	I feel upset
UE	It feels unfair
UN	And I feel all of this tension in my body
UM	I'm still fighting with them in my own head
CB	It's hard to think of anything else
UA	I honor how hard this has been
TH	It's safe to begin to relax
EB	Even before anything changes
SE	I can experience more peace
UE	Even before this conflict is resolved
UN	I can begin to feel more centered
UM	By giving my body permission to relax
CB	I take a step back
UA	And become more curious
TH	What does this experience remind me of?
EB	What am I really feeling?
SE	Is it anger, sadness, jealousy, or disappointment?
UE	I'm open to getting clear
UN	I don't need all the answers now
UM	But I stay open to them
CB	As I let my body relax
UA	I am safe



TH I am open to peace and clarity

Good, now take a nice deep breath in. And as you exhale, notice how you feel. If any ideas or thoughts came up as you tapped, take note of them, write them down.

Jessica: Thank you for that process. I think it's an a-ha moment for many people, this idea that I don't need to solve this conflict in order to feel peace, that you can start to feel better. Now, often times people have that hesitation, like well no, I can't feel good until this is resolved. Then we try to resolve it from that place of panic, and not feeling good. Why is that a strategy that doesn't work well?

Ryan: Because I like to say that emotional sobriety is really learning how to live with unresolved issues.

Jessica: Oh wow, yes.

Ryan: So it's like not being under the influence, we're going to use that same analogy about sobriety and not being under the influence of getting resolution, because sometimes we can't. You know, sometimes we can't tie it up in a neat bow and understand the why and why we're triggered and I have clients who are like why? But why? Actually it's just another way that we spin our wheels, trying to figure things out, and not focus on the present of being okay with what is and moving into that acceptance piece of where we are now and how do I move through it and what are the tools, instead of trying to get to the why of it and trying to tie things up in a neat bow. Try to get out ahead of things, we can't always.

Jessica: Yeah, life is complicated. Relationships are complicated. There is something powerful about accepting that. So we just did this tapping, we're feeling better. Within the tapping we were asking ourselves some questions. As we feel better, we tend to gain more clarity. What are some other questions that we can ask ourselves to understand what's really going on? And a side note, you just mentioned that sometimes we don't need to know this, if the answers don't come. And other times, we do gain that clarity that gives us that insight. So it seems like we can approach these, whether we get the clarity and whether we don't get the clarity.

Ryan: Right, yeah, and I think sometimes, like you said, sometimes it comes but I think when we focus on trying to get the clarity we lose it. It's so elusive. So I think that's the part where the spinning the wheels part is like the why of it, isn't always what can set us free. It's just practicing having radical acceptance about this is where we are, this is where I am. I'm going to love myself through this, I'm going to create a



container of compassion for me and I'm going to pick up my tools in a toolbox. And I don't have to keep focusing on the why and, you know, wasting my precious time and energy on that piece. And if it comes, it comes. If I gain that clarity, if through the journaling and tapping I'm able to figure out that piece of it, great, but that's not what is going to unlock the freedom that you're looking for.

Jessica: That makes sense, yes. So as we are spending time with our feelings, we are gaining clarity without the pressure of needing the clarity. I see that there is this balance here. On one side, we don't need to put the pressure on gaining the clarity as to why. On the other side, certain things might naturally come up that give us an insight around why we are being triggered. So both ways are correct, and both ways are valuable. Let's focus for a moment on what happens when we begin to journal, we do this work, and suddenly we realize oh, this is reminding me of something else. Suddenly we see the picture in a different way than before.

Ryan: Right, so that reminds me of a story I have about a client who, this is where, when you get to the bottom of the trigger and how it was a mechanism for her, and that created freedom for her with her relationship with her husband. So she realized that every time her husband would ask her to do something she felt triggered. And she realized through journaling and through processing this that it was really because she was over-directed as a child. So her husband, you know, for example, would tell her to take out the garbage or she wasn't putting the garbage cans right or however that was, and it would just put her on edge. She realized it was just a way that she was coping. It was a mechanism in place as a child she used to cope with her father, to create, this trigger would happen where she'd feel this contraction around it. And then she realized because she could trace it back to that time, she could take the onus off her present time relationship with her husband and realized this was work she had to still do with her father and working on forgiveness and letting go of that and inner child work and all those other pieces that go alongside.

So that's where figuring out where the trigger comes from, you can gain clarity. So then it comes back to then letting her husband off the hook, wow, this is not about him at all. This is about another relationship that this feels familiar to, and that's where you can see how triggers are here to help us heal. So that's a really great way to see that, that she still had work to do with her father and creating forgiveness and revisiting that relationship. But the trigger with her husband was highlighting that, that there is still work to do. And that's, when she understood that she was like wow, and she sees that she saw her husband as her teacher, how her husband is helping her evolve on the path. Whereas someone else who is unconscious might be like, why does he keep doing that? I wish he would stop doing that. Then that's the



whole dialogue that keeps going, where she's activated around her present time relationship. So that's one way, one thing how the clarity around how a trigger originates is enlightening, and is helpful.

But then I have other clients who are focused on the why, and why is it like this, why is it like that? And their subconscious isn't quite ready to release that information at this time. So guess what? We have to just work on it's another way to spin your wheels. I said that earlier, and not get into present time and pick up the tools to move you into radical exceptions about where you are now and how to get yourself right with what is. So we have talked about that, that's journaling, there are many, many ways. But tapping is a huge one.

Jessica: Yeah, can you talk a little bit about outdated coping tools? How you touched upon it a little bit, where with this client, with the relationship with her father, I'm sure that speaking up and getting upset was a way that she tried to create a boundary and tried to find her own power. Now she is doing it with her husband and it's not empowering her. It's not helping her, she's an adult now. There are different ways to cope, but the reason I'm asking you this is because I feel like when we have this conversation around the reason we're doing things, they're outdated coping mechanisms. We can begin to experience more compassion that we are doing our best, that we're using some old tools that just are outdated.

Ryan: Yes, thank you for bringing that up because it's so true. Again, we said that also compassion is always key. We don't want to go into the shame spiraling. It does nobody any good, right? So it's just knowing that was a way to walk through life and then as we're evolving we start to understand that there's other ways. This is not serving me anymore or my relationship, or the highest version of me. So it's like I'm ready to put this tool down and pick another one up. I think that's where she came to by realizing that, but again it's always like we use what we can to survive, to get through to a point where we feel safe enough to put it down and try something else.

Jessica: Yeah, there is an amazing quote by Brad Yates, who is also in the Tapping World Summit. He says that, "Self-sabotage is simply misguided self-love." Isn't that beautiful? So the things that we do when we yell, when we do something that doesn't serve us, when we sabotage our own success, there is a part of us that is trying to love ourselves, trying to create the boundaries and protect ourselves. And once we understand that, we can again, like you say, be more compassionate with ourselves and find a different way. So now we know that sometimes we gain clarity as to what's going on behind the curtain, per se. Other times we don't. Whatever we



experience is perfect, and we can make a shift with tapping. If we do have an experience where we're like okay, this reminds me of a time in my past when I felt powerless, how do we begin to tap on that past experience and those emotions to help us today?

Ryan: You know, I think it's first of all, it's great and you can start telling yourself the story. You can pretend that you're talking to a friend and tell her what this reminds you of while you tap. That's a great way to come up with your own script around your tapping. And the more specific you can be, the better. So that's a great way to gain some momentum with tapping, and a lot of people get afraid of like this script can be intimidating, how do I find out all the phrases I need to say? Most people know the points but they don't know, and I think, if you can imagine as you're doing it that you're talking to a friend as you're moving through those points, the phrases will come easily because everyone knows the story. You know your story, right?

Jessica: Yes.

Ryan: And as you give yourself permission to start telling it, you're releasing that as a secret keeper, as a storyteller. You're releasing that and you're touching those points at the same time, so it can't be underestimated, the power of doing that.

Jessica: You said an interesting phrase, secret keeper. Do you feel like when we're tapping and focusing on things in the past that part of why it's powerful is to kind of tell that secret to ourselves, something that we have been maybe denying or shaming?

Ryan: I do, and you know I'm a hypnotherapist so I have an incredible respect for the subconscious mind. It dictates 95% of our life, which is a little overwhelming when you think that. So we have a conscious mind, which is how you and I are talking in the conscious mind. And then you have a subconscious, and the subconscious can override, most times it does. It short circuits the conscious mind. And so I think when we're tapping, which is why hypnosis and tapping work really well together, for my clients, because the subconscious hides things away and it releases them when it feels good and ready to do so. So there's a few ways to take the top off of the box of the subconscious, and that's hypnosis, tapping. I truly believe can do that, prayer, mind work. There's a few ways, but other than that, it kind of runs point, whether we like it or not. And I do feel that when we start tapping on those points, those places that we did at the top of this. All this the eyebrow, all through the side of the eye, under the eye, nose, and all those.



It does something with the subconscious that it can release, take the top off the box. That's where I do feel like every idea we have around money, power, love, is stored in the subconscious. And it's not always serving us.

Jessica: Yeah, it's so true. Ryan, what would you say to someone who is thinking, all right, this inner work sounds great but there is someone else in this relationship that's not willing to tap, not willing to make a change. What do we do with that?

Ryan: Well, just to remind you of something that you've always heard, which is that it's never about the other person. You know, it's really, we bring the focus back to us because truly can't change anybody. They are who they are, and the more we can get right with that and know that they're just highlighting and activating that, things within our own selves, that gives us freedom. Freedom to let them be them and stay in our own lane. You know, and reminding ourselves that that person is triggering you and who we choose to be in that relationship with someone else is what we really have control over. And that's really it.

Jessica: Yeah, I heard this great metaphor that really helped me, that when we have a trigger it's like having this open wound where if we don't heal it, you can be touched by a feather and it hurts, or any little tap, it really stings. But when you do the healing now that feather, now that touch doesn't hurt us anymore.

Ryan: That's right.

Jessica: And it's the same way, like when we have a reaction. It's because there is a part where it feels true, what they're saying. So if someone said to me, "Jessica, you are so tall it's embarrassing, you're lanky, you're just so tall," I'd be like, "We'll, I'm 5'1", I'm not." I'm not really triggered by that statement, but when someone says something negative about us in a conflict, and there's part of us that leaves or fears it's true, it's so much more painful. We take it personal.

Ryan: Yeah, it just goes to show that that's the part that we need to reconcile and create more self-love around, or more acceptance around. Your height or your character defects, your failings, your ways of coping, right?

Jessica: Yes, absolutely.

Ryan: But I think it's important to bring that curiosity around triggers. So we're making a trigger sound like this, oh my god, I'm triggered, and it's like, what about if we just brought some levity to it? What about if we just brought some curiosity? Like oh



wow, it's having this new perspective around a trigger, and I mentioned the word 'character defect.' Or just this is what we're working with, this is who I am. A lot of times I'll have clients. One of my first sessions with them, I'm like, let's write out all your assets and all your liabilities, because these are just your perceptions of you. Let's take a look at it. This is what you're working with, and so when these things pop up for you, they're like your old friends. You know, it's like pull up a chair, come on in. What have you got to say?

So it's like bringing that, extending that respect. Because again, these are coping skills that we've picked up over time. It's ways our subconscious has agreed is the way which we need to walk through our life with. And it has worked. It has worked until it doesn't anymore. Really, that's the truth. So it's extending that, hey, what have you got to say old friend? There you are, there's my anger. There's my selfishness. You know, instead of trying to suppress it or having a contraction around it and just pushing it down, and that becomes the shadow self.

Jessica: And it bursts out in other moments.

Ryan: It does, and you're like, what the heck? I thought I dealt with that. It's like the whack-a-mole. It's better just to be in it, and have a conscious agreement with it. Oh there it is, having that curiosity. So in that moment, whether you're, you mentioned about the other person, just saying oh, there it is. There it is. And having this running dialogue. So you're not focused on what they're saying and what they're doing, and you start to get quiet, and you're like wow, look, it's coming up for me. I'm feeling that feeling again. So you can even start to get, this is the advanced course, you can start to, in the moment with the person, we talked about exiting at the top of the call, where now we're talking about, in the moment, start to notice it and have a curiosity of like wow, what is this about? Why am I feeling this again?

Oh, there it is, that friendship, I want to say. Or that acceptance around coping skills, coping tools, character defects. We're calling them defects but that's a negative. But it's more just character liabilities, if you will. So I think that's curiosity and self-love, gentleness is always going to be the way through. It just is.

Jessica: Yes, replacing that criticism with curiosity. As you know, I work with my two older brothers. We're a family business. And as everyone knows, nothing can trigger you more than your own family. I don't think I'm the only one in that category. I remember when we started The Tapping Solution, this is probably 13 or 14 years ago, a lot of things would come up with my brothers where if they were getting together over something about work, I would feel left out. Or if they were invited to



something, it was this feeling of being left out. And I would feel so triggered over anything. Even if it wasn't that they purposely left me out.

Most of the time it wasn't. It was just like a situation or they didn't think I needed to be in the meeting. I would feel so triggered, and I remember it was amazing doing this work. And I sat with myself, and as silly as it sounds, I remember them playing Nintendo. There was only two controllers, or remotes, or whatever you call them. And I couldn't ever play, and I always wanted to be a part of what they were doing. I always had this feeling of being left out, so here I am now an adult running a business, needing to have these conversations. And I was going back to feeling like the 7-year-old, and often times creating conflict that really wasn't there because I would see a situation through the lens of well, how is this leaving me out?

Because when you're scared of something, you look for it. If you look for something, you find it. It was so interesting, just to have this work and to be able to work on that, and this is, The Tapping Solution, like the fact that this company is still going and we love to work with each other is a testament to tapping because when you work with family, all those things come up and it's amazing to have people in your life who also will take a step back and reflect on themselves, because it was very easy for me just to blame them. It takes extra courage and self-compassion to take a step back and really look at what was going on.

Ryan: Yeah, and it's so amazing because as tapping has grown, I am sure the three of you and your dynamic have grown, because you have your own soul agreements, certainly when we have family members and you decide to work together, it's going to highlight all the good and all the parts that need healing, right? So as tapping has evolved and grown and had this stage in the world, the three of you have had to work out your connections. So that's super powerful. It makes absolute sense, and I think that's a really great understanding of like, of course this is going to happen. I think sometimes if we have our expectations are such, why, of course I'm going to get triggered. And walking into that, of course I'm going to go to Thanksgiving. So I think this idea of letting go of a fantasy of what it should be like or should look like, that always gets us into trouble.

Versus, you know, of course the holidays are going to intensify because we have all these ideas of what it should look like and how it should be Norman Rockwellian or everyone should get along. No, no, everyone is going to be activated. So what if you walk into it with that mindset? So you have all your knowing, and you're going into sort of an environment where it's very likely that you're going to be triggered in some way or you're going to be activated. I love the word activated because it



implies there's something that's percolating inside, rather than a trigger, which is a reaction. You want to have a response, rather than a reaction to it.

So I think walking into it that way, first off you're lowering your expectations. Second off, you're giving permission and you're in alignment and you're in agreement that you're doing sacred work. You're going into your family, this is rife with issues, certainly you moving into a business knowing yup, I'm going to get activated, my ego is going to get, it's going to highlight, what's the rub? It's that I feel less than. I feel not heard. Or in your case as a child, I feel not important. I feel like I'm not good enough, I'm not worthy to be playing with the boys. I'm the girl, and they're the boy. It's like all those stories and those assignments we give to, that we give meaning to, that causes pain, right?

So you can rework that and by doing the affirmations. I'm a real big proponent of that as well. We combat that with specific phrases that cause us pain that we have on a loop. So we combat them with the, "I am worthy to play with the big boys. I should be here, they need – the divine feminine on the planet needs me in the tapping world." Whatever those phrases would be, in your case, be something along some of those lines. But I think certainly for whoever goes into a family dynamic of saying I've soul agreements with these people, I'm going to get activated, that's what we're here to do. We're here to refine each other, we're here to help each other grow along spiritual lines. That's our agreement. So I'm walking into this with my toolbox loaded.

Jessica: And you're dropping the shame around oh, I shouldn't have to do this work because I shouldn't feel this way. We're saying no, this is normal, this is part of our soul path. This is part of our growing.

Ryan: And I'm on board with it. This is what I want anyway, because I want to be the best version of me. I want these triggers to be lessened. They do and they can, and they will with some intentionality and some tools, you know?

Jessica: And I'll share, it wasn't sitting down and tapping once to move through this. It was definitely a journey of noticing it when it came up. And now I can say that it's just not a thing anymore. I don't feel it coming up, so there's these moments where you can do the work and then you can realize wow, the only person who really worked on this was me. And I see how it's changed the dynamic of working with my brothers. I feel that now I feel valued and I feel heard. And they didn't have to do the work, and they didn't have to do the work, I had to do the work. Now there's other times when it doesn't work like that. You do the work, you feel more



empowered, but you look at the other person and you realize, you feel like they're still sucking your energy. You feel like they're still treating you in a way that is not right.

So when you're doing the inner work, but the other person isn't changing, can you share some strategies on how to navigate that in order to create some healthy boundaries?

Ryan: Sure. I think that's where we're getting into the boundary piece that you're mentioning. So we do all the work at the end of the day. I do want to say this is important to anyone listening. You know, we're not a doormat and it doesn't mean we just keep working on ourselves and everyone else gets to have their bad behavior and step all over our boundaries and our good energy. So it's important to know that, where that line is. It's subtle, I think. If you're getting right with yourself and you're doing the work and you still feel like you're being drained when you're around them, well then minimize your time. You know, there's so much work involved to moving ourselves forward emotionally, spiritually, energetically, mentally.

So we want to protect all the work we've done, and I think certainly there's strategies you can use, like maybe you make your time, if you're moving into a family situation and say we're coming into the holidays, or we're coming out of the holidays, we have a family get together or whatever it is. Maybe you show up later and maybe you leave earlier. You know, you don't have to stay. You can create an exit plan for yourself. You can have a friend that you call. You know, we've talked about journaling, we've talked about tapping, we've talked about breathing. But there's physical ways that you can protect boundaries and set boundaries. And you can exit a conversation at any time that makes you uncomfortable.

So it's giving yourself, knowing that you are the priority and we have a lot of phrases in this world, like family is everything, we put family first, and all these other things. Well, I'd like to challenge that and say actually no, we put ourselves first, and not in the most spiritually profound way. We put ourselves first and everyone around us benefits. So what that means is it can look like a hard boundary, like when you say something like that, I'm going to be leaving because that's unkind or even if you're saying that in your own mind. But you have your hard and fast rules on which you will tolerate and you will not tolerate.

Jessica: For many of us, when it comes to a relationship we're struggling with, we know when we're walking into the situation. So you said the example of the holidays, or



we have a family gathering. There we are, it's before that event, we know we're walking into it. We know that we want to create these boundaries. Is there some tapping that we can do to help us stay grounded and protect our energy before walking into those situations?

Ryan: Yeah, absolutely. We can, because we want to protect our energy, like I said. So there's a way to, first of all, we do the SUDS. We figure out on a gauge of zero to ten, ten being the highest, and we figure out that anxious feeling that we have. So we just take note of that. So give it a number, and then we do a nice deep breath in, let it out. Just imagine, we can imagine ourselves going into that experience within that family experience that makes us feel that way, or makes us feel anxious. Good, and then we imagine the objective being in our power and being in our truth and sort of lowering our expectations. Then we create that script around that. Is that something you'd like to do, Jessica?

Jessica: Yeah, I would love it if you could lead us. I'll repeat after you.

Ryan: Okay, great. So let's talk about, we'll start that. We'll start at the side of the hand.

Side of Hand Even though I'm feeling really anxious about going into this family environment
I honor how I feel
And I give myself permission
To relax
Even though I'm feeling really stressed out about seeing all these people
I accept how I feel
And I breathe deeply
Even though I'm anxious about how this interaction might go
I give myself permission to feel whatever I feel
And to move myself into alignment

Eyebrow All of this anxiety
Side of Eye It feels really overwhelming
Under Eye I don't know what's going to happen
Under Nose And I don't like not knowing how it's going to turn out
Under Mouth It could go really badly
Collarbone I might really make a fool of myself
Under arm They might trigger me
Top of Head And I'm going to feel off my center

EB I really don't want to lose my junk



SE I really want to be calm
UE I'm choosing to take a deep breath in that moment if it happens
UN It's easy for me to exit
UM And quiet myself
CB I take three deep breaths
UA And I give myself permission to relax
TH I can't control what anyone else does

EB All I can control is my reactions to them
SE And even then sometimes I'm powerless
UE But there's things I can do
UN And they work for me
UM And I trust the tools in my toolbox
CB I can excuse myself
UA And take three deep breaths
TH And write out my feelings

EB And use my tapping
SE And bring myself back into my center
UE Because I accept myself with all my triggers
UN And I love who I am
UM I accept who I am
CB And that feels good
UA I will not abandon myself
TH I am here for myself

EB I am my own best friend
SE And I look out for myself in every situation
UE Even with my family
UN I have my own back
UM And I am safe
CB I am loved
UA And I am here for me
TH And all is well

Good, take a nice deep breath in, and out.

Jessica: Thank you, that is so powerful, and something that people can do any time before they enter a situation. I love the idea of reminding ourselves that we can't control what happens, but we can control how we react. And I thought it was so interesting,



that as we were tapping, you were giving us those reminders and even giving us permission to allow ourselves to be triggered, to hear something said wrong and then changing what our reaction is to that situation. It seems like we're almost training ourselves before we go into the game. We're practicing before having to experience it.

Ryan: Yeah, I think so. I think it's like we said before, just setting the stage, that this is a conscious playground that we're walking into and walking in all guns blazing, as far as being into alignment with us and tapping is certainly one of those skills, or one of those tools that we can do to set ourselves up for success. Success being not that it goes great or that it's amazing, or that it's not without triggers, but just that we are in our center. I think that's the gauge. It can be the new gauge of a successful family dynamic or relationship, or interaction with someone else. Let that be the gauge, rather than getting them to do what we need them to do so we're okay because that's an exercise in futility, truly. So how can I renegotiate a trigger relationship and really walking into it knowing if I walk myself through this and I don't abandon myself, and I stay conscious and I stay with my breath, and I use my tapping if I get activated, then I am winning. This is another way of looking at it. I am truly moving the needle forward in my evolution.

Jessica: That is so powerful, and I'll mention that we're going to have a lot more tapping scripts within the workbook so that you can easily go to this type of tapping before you have to enter a situation, or in that moment when you excuse yourself to really sit with your feelings and to process and to tap. Ryan, you have given us so much, and really a whole new way to look at this. I don't think that this conversation is being had enough, and especially looking at it as the new way that we're going to see ourselves as winning as moving forward is simply by finding our center and not by trying to control the universe, and everybody else's reaction.

Ryan: That's right, yeah. I'll just say one thing, I also recommend if someone is in a tight spot, download that app. I'm going to plug because I know you might not, but to download The Tapping Solution. I can't tell you how many times I've said to people, 'Just have that on your phone. If you walk into a situation and you're feeling that trigger and you're in that fight and flight, just go to The Tapping Solution app. Just click on that and you'll be able to find one tapping mediation that's going to be able to hit you right in that spot to help you get regulated again and get you back in alignment, so you can go back into your family situation or that relationship and be able to have it right there at your fingertips. If you're concerned about a script or you're concerned about not knowing how to do it right, that is the cheat sheet for how to do it. It will take you to that from this place to the next place. It will give you



a full walkthrough, if you will. I just wanted to say that.

Jessica: Well that's so kind of you, to share that. Thank you so much for spending time with us today. I know that this has been an eye opener for a lot of people, and I can feel the sigh of relief that thousands of people are having as we have this conversation in this new, enlightened way. So thank you so much for leading the way for us.

Ryan: You're so welcome. Thank you for having me. Thank you so much, truly.