



# Overcoming Our Inner Rebel: How to Use Tapping to End Procrastination and Take Our Power Back

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Sometimes it just feels good to throw out the rules and follow your impulses, but then if it doesn't all work out, or if you do it too often, guilt sets in and you feel frustrated for never making the progress that you desire. Today's session is about taking a closer look at that "inner rebel", the one that leads you to act on the spur of the moment, and to what you can do when you are sabotaging your own success.

This inner rebel actually shows up as a response to a feeling, that I want to do the opposite of what I had originally planned to do. There's a sense of feeling powerless, as if I don't have a choice anymore and I don't want to have to comply and feel powerless again. It's sort of a countermove to some deep-seated feelings that we just don't want to be trapped by.

So much of this is caused by old stuff, and that's why tapping helps so much, because a lot of what we do with tapping is cleaning up that residue that we carry around, and that actually then sets us up to make those choices that sabotage us.

Sometimes we're rebelling against someone else, or rebelling against society, and it all comes down to this feeling of not having a choice and wanting to feel powerful and make a different choice.

The origin often goes back to our childhoods. That was the phase of our life where we didn't have power or choices, we had to comply. We had to comply with systems, with adults, parents, teachers, so there was a good portion of our lives, in those very formative years, when we weren't basically engaged to use our power. Choices were made for us, we felt like we had to do things, we should do things. We did things to please parents, to hopefully help improve their moods. We just went along; we didn't have a choice. And so that rebel was actually what kept us alive in many scenarios, especially if there was trauma and abuse, or situations that were life-threatening. That was the strength you found in yourself.

So you have to clean it all up, and tapping helps us do that. We're able to tap into our willpower rather than letting the powerlessness become so strong that it kicks up this counter reaction.



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

### Tapping Exercise

Think back to your childhood, or even into your teen years, to an event or situation where you feel you did not have a choice, and you had to do what was expected, asked, or insinuated that you needed to do. It could be as simple as having to make your bed every day or having to spend time with relatives you didn't like. Something where you felt, "I can't be who I am, I have to be who they want me to be." Describe it here:

Now bring yourself into that memory. Feel the sensation in your body, how strong it feels, that sense of powerlessness, deprivation, "I can't have what I want," and rate the intensity on a scale from zero to ten, and make a note of that number \_\_\_\_

So now you've got your number, let's set the intention. Read this statement out loud, or to yourself:

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

Now we're going to start with the side of the hand, with some "even though" statements. So just tapping on the side of your hand:

Side of Hand Even though I feel powerless and controlled  
I am ready to let that go  
Even though committing to this feels scary



I am ready to create success for myself  
Even though I feel this inner tug of war with myself  
I am ready to resolve that  
Even though I keep sabotaging myself when my inner rebel shows up  
I am changing this pattern

Eyebrow	Feeling powerless
	No choice
	I have to do this because I was told to do it
	Releasing the conflict and confusion, don't know what I want
Side of Eye	Needing to rebel to counter these feelings of powerlessness
	Needing to rebel to create a sense of freedom
	Needing to rebel to give myself a choice
Under Eye	If I don't rebel, I have no power
	Feeling conflict, torn, frustrated
	Why can't I stop sabotaging myself?
Under Nose	Thinking of all the times I have sabotaged myself
	How does it feel?
	Thinking of all the times I have followed through on rebelling
	How does it feel?
Under Mouth	When I sabotage myself, I feel powerless and like a failure again
	When I rebel I get a quick hit of freedom
	That doesn't last
	Feeling tired
	Worn out
	Ready to let this pattern go
Collarbone	Releasing all the times I had to do what my parents wanted and I didn't get a choice
	Releasing all the times I did what people in authority roles wanted and I wasn't given a choice
	Releasing everyone from having power over me
Under arm	Letting go of all the times I felt powerless in my childhood and teen years
	Releasing any and all of the systems I have given my power to
	Allowing myself to feel the grief and anger for all of these scenarios
Top of Head	Tapping out anger, grief, tired, and annoyed
	And any and all feelings associated with this cycle of feeling powerless
	Then having to rebel against it
	Only to sabotage myself again



Take a deep breath, and let it go. Let your body wiggle around a bit and let that go.

Now, notice again how you are feeling, from zero to ten \_\_\_\_

I encourage everyone to continue doing this kind of tapping, so that you build momentum, and realize how powerful it is to tap on your own and give a voice to that grief and that annoyance. Maybe it's just telling your truth, telling exactly what happened. It's so powerful to have that release of saying, "Yes, this is what's happened. This is incredibly annoying, and I'm angry, and I'm tired." That on its own is so powerful.

You can also take a moment to sit down and journal, just write about how you're feeling and then you can actually use that as your tapping script.

So we have the rebel behavior of doing the opposite to what we intended to do, but there's also the rebel behavior of just deciding to not do something, or not follow through.

We have habits that we're just so conditioned for, that we do what's familiar rather than what we want or need to do. Even though it's not what we want or need to do, we know the experience and we know the emotional response. And quite often that's also established in our childhood. Sometimes we don't want to hope for more only to be disappointed again; that's a big reason why we don't follow through. We're scared of our inability to succeed at something, so we're preventing failure.

There's also another form of procrastination, which is doing everything else that you want right now, but not doing that one thing that you know you need to do.

We are just running a lot of old, old compromised thinking. Our subconscious mind will keep running these things that we heard through our childhood, that life has to be hard, so you might as well get used to it. We put ourselves in a place where we can manage and control all that, rather than having it get so out of control that it's taking us out again. We don't want to set ourselves up for more disappointment.

People will sometimes ask me what has helped me the most in my career, and the answer is that it's literally clearing out these limiting beliefs and creating a positive state of mind, and tapping has been one my most valuable tools.

When you do the tapping, while focusing on how you feel, especially when it's negative, it then begins to make it so much easier to change that focus. Then when you start tapping on the positive it feels true. Or else sometimes if you just jump to it without working at it, it's



hard to just say one positive thing and actually feel like it's true.

I'm a real advocate for consistently working out, staying fit. Well, I've got to keep my mind fit too. I've had to exercise my mind and create the kind of thinking mind I wanted rather than one that was sort of inherited or handed to me.

Not many of us have inherited very good minds. I feel like we're constantly working on it and I think it's important to know that. But it's really all about the effort that we're putting into it.

So let's do some tapping around that, on clearing that fear of failure that keeps us from even trying.

Think of a time or a scenario, or maybe you're currently experiencing this, something that you really wanted, and which required certain actions and choices from you, but you put it off. You procrastinated to the point where it became very, very stressful. Maybe you did follow through eventually or you just didn't do it at all. You had opportunities present themselves and you didn't enroll yourself in them.

Describe it briefly here:

Notice that, your memory of it, or maybe you can actually feel it in your body right now, and rate it from a scale of zero to ten on how strong that is for you. \_\_\_\_

Now that you have your score we're going to start tapping on the side of your hand.

Side of Hand Even though I keep sabotaging myself by putting things off  
I completely love and accept myself  
Even though I'm afraid of failing  
I deeply love and accept myself  
Even though I feel safer keeping things the same  
I now know that is a compromise I choose to let go of



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

Take a deep breath in, and a big exhale, releasing all of this old energy. Now rate yourself again from zero to ten \_\_\_\_

Ideally, you should feel a sense of a calm, like you've opened the space to allow you to move forward.

Try repeating those negative statements, saying something like, "Things never work out for me," and then do a tapping session. After you tap you should be able to say the same words, have the same thoughts, but not have them physically feel the same anymore. You won't have the same intensity. That's when you can move towards the positive affirmations.

One of my favorite affirmations – and this is because I so often hear people say, "I can't afford it" – is, "I can afford to believe in what I want." And you can, you can afford to believe anything. There's no risk here, you'll either get what you're used to, or it will get better. Try it out, you'll be amazed!

I may be unique in this, but I don't really believe in the concept of failure. I believe in experience, and I trust that experiences unfold as they're meant to. The things that happened were either for lessons that I needed to learn, and they will prepare me for other opportunities, even better opportunities perhaps, or they just weren't as wonderful as I thought they would be, and I trust the bigger unfolding. I've never really lined up with the



concept of failure. When people ask me what I have learned from my failures, I tell them I don't really believe I've had failures. I've had a lot of experiences that have been major life lessons, but because I've learned lessons and I'm better from that, I don't consider them a failure. I think it's important to have that clarity so that we don't think that we have to do everything perfectly.

When things don't work out the way you expected them to, it can often stir up feelings of worthlessness. You may see things as a failure because you'll feel worthless. But you want to get to a place where you really want to heal.

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

If you put things off and procrastinate, energy literally builds up. There's energy that has been available to you to do other things but you've not chosen to follow through when the momentum presents, and now that energy gets sort of pent up until it's so potent, there's this pressure that finally propels you into action to get something done. Then it's either too late or you pay a big price. It's exhausting.

Even your health takes a hit, and it can be dramatic. You end up having to neglect other things because you've now got to put more time into this one thing, that would have been better served if you had done it over a longer course of time. There's a big price to pay but it's a pattern that you get used to. You get to a point where you need all that pent-up energy to finally get you going, but then you take a big hit from it. It's not a healthy way to do things; at some point it's going to affect your health, you can't keep it up.

What's tricky about this, is that it actually does work in some sense. You finally get the thing done but you're paying a really big price and it's not sustainable. I'm sure a lot of people can relate to this, so let's do some tapping on it.



Think of a scenario where you either shut down and don't do it, or you do finally get moving but you notice how crazy it gets in the playing out of it. Describe it briefly here:

Then rate your intensity on a scale from zero to ten \_\_\_\_ (It could either be how wiped out you are or how crazy it looks).

Then take a deep breath, and let's start tapping on the side of the hand.

Side of Hand	Even though I procrastinate I deeply love and accept myself Even though I've done this more times than I can count I deeply love and accept myself Even though I will probably do it again I deeply love and accept myself
Eyebrow	Putting things off It's too easy if I get it done in plenty of time Addicted to the stress
Side of Eye	Need to feel the pressure to move myself forward Have to feel I'm down to the last minute to feel motivated
Under Eye	Tapping out all the times I do this to myself It wouldn't feel normal if I did things in a more timely way
Under Nose	If I take my time and get things done earlier rather than later What's the excitement of that? Too many close calls Too many times it hasn't worked out
Under Mouth	Noticing all the people that I create stress for along the way Releasing this tendency that putting things off is the healthier choice for me
Collarbone	Paying too big a price Burning out and missing out on opportunities
Under arm	The added stress is ruining my health It is time to change this pattern
Top of Head	I am ready now





I am ready now

I am ready now

Take a deep breath in, and a deep exhale. Then again, rate yourself on a scale from zero to ten, notice if it's dropped at all. What's your new number? \_\_\_\_

If you're feeling better, feeling a shift to move towards the positive and really bring that into our body, you can start to tap a little more on the positive comments. When you've cleaned out the system, you've created a space, so focusing on what you do want to experience fills that space. I believe everything we're tapping on we innately know, it's truth of which we are carriers, so we're basically activating that energy so that we can be supported by it. This round of tapping will be all the positives. We start with forgiveness so that you can say to yourself, "I'm not a bad person, it's not a big deal, it's just a part of life and I'm learning, and I can make new choices. I can always choose again."

Allowing yourself that choice is part of forgiveness, so we'll start at the side of the hand.

Side of Hand I forgive myself for all the times I have sabotaged myself  
I forgive myself for causing undue stress and drama in my life  
I forgive myself for all the stress and drama this may have caused for others

Eyebrow I am ready to create success  
I am inviting my inner rebel to join me in my choices

Side of Eye I am powerful  
I am using my power to create what I want

Under Eye I am creating successful outcomes with my power  
I have choices

Under Nose I can make a choice and then choose again if I change my mind  
I am in control of my destiny

Under Mouth I am the one creating my reality  
All parts of me have a choice

Collarbone I am creating healthy new patterns that support healthy choices  
I am succeeding

Under arm I am grateful for connecting with all of my power  
I am knowing when I give my power away and I am choosing again

Top of Head I am free, I am free, I am free  
I am powerful



- EB I am following through in a timely way and it is normal  
It is perfect enough
- SE Success is my new norm  
I am comfortable feeling successful
- UE Others appreciate my efforts  
I am easily moving forward
- UN I am expecting success  
It is easy to follow through
- UM Things always work out for me  
I can expect the best
- CB I am comfortable with the feeling of success  
I am knowing what success feels like
- UA I am comfortable with the feeling of success  
And I know what success feels like
- TH I am comfortable with the feeling of success  
It's what I now create

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

What I want you to remember above all, is that rather than trying to modify your behavior, what we've done today is try to get to the deeper issue, that will then free you up to easily change that behavior.

Remember that you can choose and then you can choose again. You're not setting yourself up to never stumble or never make a mistake. You're making the path of success easier. When we have a moment that we're off track or it doesn't feel right, it's so much easier to choose something different.



**CAROL TUTTLE** is a best-selling author and creator of The Carol Tuttle Healing Center and other online learning platforms that have helped millions of people worldwide. Her most recent book, “Our Modern Day Chakras: 7 Steps to Awaken Your Energy in Today’s World” is a practical look at how our chakra energy system is evolving in support of helping us awaken to our true selves. You can learn more about Carol and her work at [caroltuttle.com](https://caroltuttle.com)