



Releasing Control: How to Use Tapping to Release Anxiety, Feel Calm and Safe, and Allow a Life You Love

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For so many of us, feeling stress and anxiety has become a normal part of life, and we believe that we just have to push ourselves through and deal with it. But this is not necessarily the case. You can actually achieve your goals without the stress, anxiety, and fear that you've become so used to, and make your dreams come true with more ease than you ever thought possible.

Tapping has been a big part of my life over the past few years. It all began with my efforts to overcome my own anxiety. Tapping has not only been an amazing resource that has powered my personal growth journey, but also became a tool with which I've been able to support others. Anxiety had been a big factor in my life for many years.

More recently I was diagnosed with post-partum anxiety. That led to anxiety attacks, insomnia, and depression. Tapping once again saved me, as a resource and a tool to get me through not just the bigger issue, but also the moments when I felt debilitating fear. I was able to use this resource to not only help me with general anxiety, but with severe anxiety that was a biochemical issue as well.

I kept having anxiety attack after anxiety attack. Incorporating EFT Tapping became a major turning point for me in my spiritual and personal growth journey, because here I was now recognizing where the anxiety came from: childhood trauma. Trauma is often the root cause of anxiety. When we tap on anxiety, we may be tapping on an aspect of an unhealed wound. We may begin to tap on the actual feeling of anxiety, but what often happens is that we start to uncover other aspects that live beneath it.

Anxiety has now become so common, that for many of us it's just a normal part of life. There is this cultural belief that in order to succeed, you have to deal with that stress and anxiety, that it just comes with the territory.

In my book, *Super Attractor*, I talk about the ways that we block our super attractor power, our ability to attract what we desire into our life. It's our ability to align with joy and spirit, but



we block it with anxiety. Often the driving force behind anxiety is a belief system that tells me that if I'm not in control, I'm not safe. Or if I'm not doing everything, I'm not good enough. Or if I don't do it, nobody else will. There are many belief systems like this that drive the "fight or flight" state of anxiety. If we don't undo the experience of anxiety, we continue to live in that frenetic energy and like I said, fight or flight.

That fight or flight energy deflects our super attracter power. It deflects what it is that we desire. It keeps us bouncing from trigger to trigger, but tapping becomes a tool that we can use regularly to balance our energy and return to a state of peace.

A Tapping Exercise

I mentioned earlier that our anxiety can come from trauma, but it is often helpful to just start tapping right where we are, to start with what we're feeling in the moment. When we feel anxious, we don't have the clarity to see what's going on. So with that, let's go through an experience of tapping on that first step, where we feel anxiety.

Decide first of all what is your most pressing issue, or MPI, as relates to anxiety. It could be simply "I'm anxious, I feel so anxious." Write it out below:

Now rate your most pressing issue, on a scale from zero to ten, with ten being the highest:

Begin tapping on the karate chop point:

Side of Hand Even though I feel anxious
I deeply and completely love and accept myself
Even though I feel so anxious
I deeply and completely love and accept myself
Even though I feel anxious
I deeply and completely love and accept myself



Eye brow All this anxiety
Side of Eye It's keeping me stuck
Under Eye It feels debilitating
Under Nose I feel so scared
Under Mouth I feel so scared
Collarbone I have no way out
Under arm I feel like I have no way out
Top of Head All this anxiety

EB I feel frozen in it
SE And I just want out
UE I just want out
UN I can't breathe
UM I can't breathe
CB And I'm scared
UA I'm scared
TH And that's okay

EB It's okay to be scared
SE Because this feeling sucks
UE This feeling really sucks
UN And it's okay to feel scared right now
UM It's okay to feel right now, whatever is coming up
CB It's okay to feel whatever is coming up
UA Because I'm safe right now
TH I am safe in this moment

EB I can breathe in this moment
SE And breathing is my way out
UE I am taking action now
UN Action that will soothe me
UM And I have faith in it
CB I have faith in tapping
UA I have faith that I will find relief
TH I am feeling relief now



EB I am feeling relief now
SE Because it's okay to be true about my feelings
UE Because it's okay to be anxious at times
UN And in one tapping session, I can change my anxiety
UM I can shift my anxiety
CB I release my anxiety now
UA I release my anxiety now
TH I take a deep breath, and I release my anxiety now

EB I am safe to release my anxiety now
SE I can let go of control right now
UE I release my anxiety now
UN I release my anxiety now
UM I take a deep breath in now
CB I feel more ease than I did before
UA And that's a wonderful feeling
TH That is a wonderful feeling.

Take a deep breath in, and release. Now rate your MPI again, zero to ten: ____

Tapping and The Law of Attraction

Some people who learn about the Law of Attraction believe correctly that their thoughts impact their lives, but they can sometimes feel pressured to always think positively. They fear speaking about how they're feeling, because they don't want to anchor that in, or they don't want to live it.

However, what they're missing is that we can think all the right thoughts but not feel the feelings that are aligned with those thoughts. True attracting is vibrational, and it requires our energy to be relaxed, at peace, and in a state of joy, so the fastest way back to peace is to honor your feelings in the moment, tap through them, and move to the next vibration. When we tap, we heal the energetic disturbance that lives underneath the problem, the fear, the anxiety, the trauma. When that energetic disturbance shifts, our energy shifts, and it shifts to a point of attraction that is aligned with a more peaceful state. That more peaceful state is what attracts what we want into our lives.

So try to be less concerned about the thoughts you are thinking, and be more focused on the feelings you're feeling.



The Manic Manifester

A manic manifestor is a person who is meditating every day, tapping all the time, drinking all the green juice, doing all the recipes, but still not attracting what he or she desires. They are using their spiritual practice as a way of over-spiritualizing their desires and ultimately using their practice as another way to control. So when they're in that state of trying to control everything, their energy is out of alignment with much of the universe.

Dealing With Discomfort

To really understand the balance between accepting and moving forward, we have to look at the way that we look at struggles. I have experienced many difficult times in my life, but I look at them as spiritual assignments. I am grateful for all the discomfort that I've experienced in my life, because even though it's been tough, it has revealed to me the hidden parts of my shadow that I still needed to heal. It revealed to me the opportunity to experience discomfort in a way that would later allow me to speak more authentically to that suffering, so that I could become a greater teacher. It gave me the opportunity to go deeper into my journey of personal growth so that I could be in the freedom that I'm sitting in today. I think that there's a beautiful message from Kenneth Wapnick, who is a great Course in Miracles teacher, who said, "Be grateful for the discomfort because it reveals to you what you still need to heal."

When I'm having a difficult time with something, I don't look at it saying, "I'm a victim of the world," but instead I say, "Here's another opportunity to deepen my tapping, or another opportunity to deepen my faith, and live to tell what true recovery looks like."

Needing to Be in Control

Being in control is a way of trying to feel safe. We try to control our circumstances in order to feel safe, but actually we're the safest when we let go. We have an unconscious fear that if we're not controlling the details, then we won't be safe, or we won't be "enough." That constant state of trying to control will never work because we can't really control everything in life, and that leads us to a state of constant anxiety.

In my latest book I write about how to do less and attract more. This means that when we are aligned with a spiritual connection of our own understanding, we don't actually have to hustle so hard. It's not that we don't take action, we absolutely have to take action, but we learn to take action from a place of spiritual alignment rather than from a place of fear,



of anxiety. So the practice of tapping to reduce your anxiety will actually make you more productive; it will help you attract more into your life with effortless ease. It will bring more joy to your life because you'll feel more peaceful and that presence of joy is what attracts. They go hand in hand. Releasing anxiety through tapping is one of the greatest things you could do to heighten your capacity to attract more of what you want into your life.

Second Tapping Exercise

Let's now do some tapping on this sense of needing to be in control. As we said before, when it comes to these moments in our lives when we're struggling, a lot of the stress and anxiety comes from not being able to control the situation.

If you think you need to release control, what's your most pressing issue?

What is the intensity, zero to ten? ____

Let's start tapping on the karate chop point.

Side of Hand Even though I'm struggling to release control
I deeply and completely love and accept myself

Even though I'm struggling to release control
I deeply and completely love and accept myself

Even though I'm struggling to release control
I deeply and completely love and accept myself

Eyebrow I feel all this control in my body
Side of Eye I feel it in my jaw, in my neck, in my back
Under Eye I am so clenched and tight
Under Nose And I need to stay in control to feel safe
Under Mouth Because I feel so unsafe
Collarbone I control everything to stay safe
Under arm And I control everything to stay safe



Top of Head Because I don't feel safe

EB My body is taking the brunt of it
SE And I feel out of control
UE And it makes me anxious
UN It makes me so anxious
UM And even if I try to be in control, I never am
CB I never am
UA And I know I am meant to surrender
TH But it feels so hard

EB It feels so hard to surrender
SE It feels so hard to surrender
UE But I'm safe in this moment as I tap
UN And tapping is a form of surrender
UM Tapping is a form of surrender
CB I can feel some surrender now
UA I take a deep breath and I let it go
TH I let it go

EB I can let it go right now
SE I don't need to control anything right this moment
UE Once again, I can just let myself feel
UN I can let myself feel into the physical control and the emotional control
UM I can take a deep breath into that now
CB I breathe into that now
UA I feel relief in my breath
TH I feel relief in my breath

EB I feel relief and I take a breath
SE I don't have to control anything in this moment
UE I surrender it now
UN I surrender it now
UM I release it now
CB I breathe and release it now
UA I breathe and I release it now
TH I release control

Take a deep breath, and check your intensity again: ____



This is a very important practice to commit to, releasing control, every day, every morning.

So as you can tell, we are just going with the flow, starting with how we feel and giving it a voice. Then when we're feeling better, moving towards how we want to feel. This is such an easy and forgiving process, that it's important to give yourself permission to just go with the flow and see what words come up as you're being honest with yourself.

When we tap on our own experience, we can just let whatever needs to come through, come through, and that's the perfect way to do it.

Another great technique is to pretend you are speaking to your closest friend, and just tell him or her what's going on. There is something incredibly freeing about giving a voice to what we're feeling instead of pushing it down. That in itself is tremendously healing! The moment that we give a voice to what's happening is actually the moment that we face our shame, and we can recognize that we can have great transformation just in naming it, and trust in that.

Building a Daily Practice

It's important to build a daily practice because it's the way that we stay consistent, grounded, and connected to our inner peace, inner wisdom, and in my language, spiritual connection. If we want to truly live free from anxiety, if we want to truly live free from fear, and pain, and suffering, we have to have a daily practice. Keep listening, keep tapping, tap daily. Let that tapping be part of your daily ritual and your routine. It's one of the greatest ways to get connected.

Choose the times of day that you know you can tune in, and make it a part of your day. For example, in my case, my son wakes up at seven, I get him ready and I change his diaper, and my husband takes him from there. Then I take 20 minutes to tap and meditate. I actually tap before I meditate, because I feel I can clear my energy and then have a deeper meditation. It's a practice that I never miss. And then I meditate again in the afternoon. I do transcendental meditation, it's twice a day for 20 minutes. I don't think that my life would be as rich and loving and fulfilling as it is if I weren't practicing these principles daily. So we have to make that commitment to ourselves, to our families and to our purpose in our life to really show up for our spiritual growth.

And if you can't do 20 minutes, sometimes 10 minutes or even 5 minutes of tapping is enough.



What are you going to do, starting today, to commit to a daily practice of tapping?

Healing.

As we begin to do this work, we begin to heal different parts of ourselves, and often as we face other struggles in life, we begin to see other areas of our life that also need healing. But the word “healing” should not feel heavy; you shouldn’t feel that at some point you’ll “be healed,” because then you’ll discover a part of yourself that’s not healed, and there will be shame or disappointment because you believe should be further along by now, you shouldn’t have any doubts, and that in itself is just such an immense amount of pressure.

We are all in pursuit of feeling a sense of freedom. Freedom doesn’t mean that we’re completely healed, but instead it means that we feel we’re one step closer to being new. We don’t want to put any pressure on ourselves to try to be fully recovered, but we can continue one day at a time to get closer to that state of recovery.

I wrote a book called Judgment Detox, and in that book, I talk about how we don’t want to judge our judgment with more judgment. When we witness ourselves in our practice, we really want to be careful not to judge that practice. We want to really trust that we are where we are, and it’s perfect. So don’t judge your practice.

Look out for the emotions or hang-ups that may be getting in the way. Whatever is blocking you, tap on it. There may be underlying issues that you are not yet aware of, so tap on whatever is in front of you and trust that it will reveal the true aspects of what you need to heal; don’t judge whatever comes up.

A good question to ask is, “What does this remind me of?” This will help you uncover any underlying issues.



Not Enough

One belief that often surfaces, and anxiety ties into this, is this idea that there is just not enough to go around, that there is a limit. We see someone else being successful, and we think, we are less than them. Especially now in this social media world, where we're always looking at these pretty, shiny photos, we can begin to have these limiting beliefs that if they're successful it means there's less for us.

I can definitely speak to that myself because it's something I've healed. I wrote a whole chapter about it, in my book, *Super Attractor*. I wrote about how there's more than enough to go around, and this chapter is really all about how when we get into a place of wanting more for others, we actually start to create more abundance in our own lives.

The storyline of not being good enough because somebody else has it, is just another form of separation, it's another form of disconnect from our higher power. When we make a commitment to be spiritually aligned, connecting daily, we begin to feel joy in the presence of other people's successes, instead of feeling unworthy ourselves. Don't judge yourself if you are still in the story of comparison and judgment. It's of human nature and it's definitely at an all-time high now, but that's a very debilitating way to live.

I decided at a very young age that I was going to stay in my own lane and keep focused on commitment, service, love, happiness, and joy. That really helped me to stay away from the comparison, or lack, mentality. The more we devote our lives to the joy that we can lean into in creating joy in our own life, the fuller and richer we feel and the less we need to compare

This goes back to this idea of wanting to control, instead of celebrating and finding joy, and also staying in your lane and celebrating your own successes.

Third Tapping Exercise

Let's do a little more tapping. Imagine seeing someone else succeed, and see yourself start to think, "Well, what about me?" You may have beliefs like, "I'm not far along enough, there's less for me, there's not enough to go around." What thoughts come to your mind when we say this?



Rate it on a scale from zero to ten: _____

Let's tap on the karate chop point.

Side of Hand Even though I don't feel there is enough for me
I deeply and completely love and accept myself

Even though I don't feel like there is enough for me
I deeply and completely love and accept myself

Even though I don't feel that there's enough for me
I deeply and completely love and accept myself

Eyebrow I don't feel that there's enough for me
Side of Eye I think everybody else can have it but I can't
Under Eye And it feels horrible to compare myself to people
Under Nose And I want to believe that we're all one
Under Mouth But I really don't
Collarbone And that makes me feel worse, because I'm a spiritual student
Under arm And so I feel really bad about myself
Top of Head I'm judging myself

EB And I feel like there's not enough to go around
SE It just doesn't feel like there's enough to go around
UE Why not me?
UN Why can't I have it, too?
UM It seems like things come easily to everybody else, but not to me
CB Not to me
UA But it does feel good when I celebrate other people
TH It feels a lot easier to celebrate them than to judge them

EB It feels a lot better to celebrate them than to judge them
SE The quickest way out of my own lack is to be of service to others
UE That's the quickest way out of my lack
UN So when I'm done tapping, I'm going to go help somebody else
UM If I'm feeling helpless, I can help somebody else
CB That will make me feel really good
UA That will make me feel really good



TH And when I feel good, I feel worthy

EB When I feel worthy, I feel abundant

SE I can serve and feel abundant

UE I can celebrate the successes of others

UN And I can recognize that they are mine, too

UM I can recognize the light in them as a reflection of my life

CB I can let go of lack

UA I can celebrate all of our abundance

TH I can let go of lack

Take a deep breath in, and release it. When you're ready, open your eyes and relax and take another deep breath and let it go.

See where you are now, zero to ten: ____

Joy

Let's wrap up with a happy topic: joy. For many people joy is just something nice, a fleeting moment. But we need to make this part of the conversation; we need to focus on joy!

When we commit to joy, we become a super attractor. All too often we think that we'll be happy when _____ (fill in the blank). "When I have this something that I think I need, then I'll be happy." But it actually works the other way around: when you're happy everything you need will come to you. So the work we have to do is make joy our priority. Instead of focusing on the things you can get and the places you can get to, recognize that the best place to get to is the presence of joy. You can start now through tapping; you can start getting closer to joy by just doing more of what brings you joy. Just have more fun doing more of what brings you joy.

All that you want will come to you when you practice these principles, but most importantly it's about feeling good, that's when you're a super attractor.

And when we begin to live in this joy, we see how much we already have. How many blessings do we have that we just aren't aware of because we're not spending the time to simply say "thank you"?

So remember: lean towards joy, and you will be led.



GABBY BERNSTEIN, is the #1 *New York Times* best-selling author of *The Universe Has Your Back* and has written four additional best sellers. She was featured on Oprah's *Super Soul Sunday* as a "next-generation thought leader," and *The New York Times* named her "a new role model." She appears regularly as an expert on *The Dr. Oz Show* and co-hosted the Guinness World Record largest guided meditation with Deepak Chopra.

Gabby is the creator of the [Miracle Membership](#), a first-of-its-kind monthly subscription that helps people stay committed to their spiritual practices. Her flagship course, [The Spirit Junkie Masterclass](#), empowers people to awaken their confidence and live their purpose.

Gabby has been on an international speaking circuit since 2004. She has presented lectures at Google, TEDxWomen, Philosophy, The United Nations, The Chopra Center, The Omega Institute, L'Oréal, mark/Avon and The Huffington Post, among many other notable organizations.

Gabby is a certified Kundalini yoga and meditation teacher. She is also trained in the Emotional Freedom Technique, is a student of the metaphysical text *A Course in Miracles*, and practices Transcendental Meditation as taught by the David Lynch Foundation.

YouTube chose Gabby as one of its 16 YouTube Next Video Bloggers. Mashable included her in its list of 11 must-follow Twitter accounts for inspiration. Forbes called her one of the 20 best-branded women and *Self-Made* magazine named Gabby one of the top 50 women in business. She is on the steering committee for Philosophy's Hope and Grace Initiative and is a global ambassador for Lululemon.