



The Power of Tapping

revolutionary techniques for
creating a stress-free life

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Self-criticism

One of the biggest causes of stress is self-criticism. Constantly feeling as though you're not good enough, not clever enough, not worthy or deserving is very stressful and is the cause of many of our other issues.

There are many reasons why we criticise ourselves and worry that we don't measure up. We may have received a lot of negative messages either directly or indirectly as children which we have internalised. If we didn't feel accepted by a parent / teacher / friend or significant other in our lives we get the idea that we must be unacceptable. Being compared with siblings is also often an

issue, particularly if they were brighter / more attractive / more talented / more loved and so on than we were. We also criticise ourselves for what we have done, for what we haven't done, for the problems we have, for our perceived failures and for decisions and choices that we have made. What we don't realise is that we are giving ourselves what I call a 'double whammy.' We might be experiencing a problem in the first place and then we give ourselves another problem by beating ourselves up for it.

One of the biggest fears in my life, and one that has really held me back in my career, is the fear of being criticised for not being good enough, not knowing enough, not being clever enough or just plain getting it wrong. It took me a long time to realise that I criticise myself far more than anyone else possibly could, and that my own criticism was the real problem. We get angry and upset when other people criticise us and yet we're unbelievably free with our criticism of ourselves. In fact a lot of us run a constant critical commentary in our heads that seldom shuts up. I tell my clients that if I spoke to them the way they speak to themselves they'd walk out and never come back!

We all carry around a lot of 'shoulds' and 'shouldn'ts' - I sat down one day and decided to address all the 'shoulds' I had about myself and how they made me feel. The list I came up with was a bit of a shock and it took me a long time to work my way through them. I now believe that most of the issues that we have stem from a basic lack of self-acceptance and when this is dealt with everything else

falls into place.

There are various ways that you can tackle this all-pervasive issue. Here are a few suggestions:

1. It can be a really freeing experience to look back on times when you specifically felt that you were not acceptable, or not enough in some way, and tap through them. You can use the 'Tell the Story' or 'Run the Movie' techniques in Section 1 for this. You can apply EFT to any number of memories of this nature, the more the better I say. You see, if you can get clear on what you came to believe through each experience that you still carry with you, and put that belief into a set-up statement you can tap it out.

Even though I was told I was stupid ...

Even though I believe I'm stupid ...

Even though I'm not lovable ...

Even though I don't deserve _____ ...

See if you can identify how your beliefs are limiting you in your life today, and tap on that too:

Even though I don't put myself up for promotion because I don't think I know enough ...

Even though I don't phone possible clients in case they say no ...

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2. Make a list of all your 'shoulds' and 'shouldn'ts' and tap them out:

Even though I should do more exercise ...

Even though I should lose weight ...

Even though I should be more successful ...

Even though I should earn more money ...

Even though I shouldn't smoke ...

Even though I shouldn't be late ...

Even though I should be more confident ...

Even though I should know more ...

Even though I should have done more study ...

Even though I shouldn't have done _____ ...

Even though I shouldn't have said _____ ...

Yes, the list is endless, there is a lot of tapping to be done here!

3. Start knocking the double whammys on the head by affirming that you accept yourself even though you don't accept yourself for the problem that you are having.

Even though I don't accept myself for being dishonest, I choose to accept myself anyway.

Even though I don't accept myself for failing the exam, I choose to accept myself anyway.

It's a bit of a mind bender but we really have to deal with this second layer of upsetting ourselves. Not accepting yourself for being dishonest for example doesn't help you to tell the truth or make reparation, it just makes you feel bad which is no help to anyone.

You can also tap on being angry, frustrated, annoyed and upset with yourself:

Even though I'm so angry with myself for doing such a stupid thing ...

Even though I'm so upset at what I just did ...

4. Practice accepting yourself on a daily basis regardless of your limitations. I find working with the concept of becoming whole is helpful. The world exists through polarities - up / down, night / day, good / bad, war / peace, sweet / sour - without one the other cannot exist. We too have our darkness and our light, and what we label our good qualities and our bad ones. In order to embrace our wholeness we need to embrace both the darkness and the light, our weaknesses as well as our strengths.

You might like to tap on acceptance each time you become aware that you are rejecting yourself as well as tapping on not acknowledging your strengths and

positive qualities.

Even though I didn't get the project finished on time, I choose to accept myself.

Even though I don't acknowledge what great work I've done, I choose to accept myself.

5. Do some rounds of tapping without a set-up statement saying any of the following at each point:

I like myself.

I appreciate myself.

I respect myself.

I honour myself.

I acknowledge myself.

I love myself.

I accept myself.

I am deserving.

I am worthy.

I am enough.

Truth to tell I think this is an ongoing, never-ending journey. It's the journey I have chosen for myself. I call it the journey back to love, and I find it infinitely rewarding.