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SELF CRITICISM TAPPING SCRIPTS

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Gene Monterastelli
223 Bedford Ave PMB 137
Brooklyn, NY 11211
TappingQandA.com

This tapping round was in response to the participant feeling bad for giving someone more than they should have. They felt bad for not standing up for themselves. You can think of a time where you didn't stand up for yourself.

I recognize that I didn't make a very good choice based on the context where I am right now...Part of me was afraid to ask for what I needed in that particular moment...And the instant I got off the call...My inner critic started scolding me for making a bad choice...Started beating me up for falling back into the same old pattern...It's no fun to hear that voice in my head...It was pointing out something that really was a mistake...Even though I was trying to make a choice motivated by kindness...I was also making a choice from a place of fear...I really appreciate that my critical voice wants me to make good choices...My critical voice wants me to move forward in a healthy way...But it's not helpful when it's beating me up for a bad choice...I want this part of me to act from a position of strength...To help me to make better choices in the moment...Not just beat me up after I have made a poor choice...Because if I'm in a situation where I'm standing in more strength...I'm less likely to be disappointed...I'm less likely to be frustrated by the choices that I am making.

The second round of tapping with the same participant where they were considering trying to change the offer they made to be more fair to everyone. You can think of any situation where you need to renegotiate what is tapping.

I recognize that I have made a choice in this moment that is probably not the best choice for me...It might be possible for me to renegotiate the offer that I made...Like a virtual offering...Or offering something

smaller...But regardless what I do in this situation...I give myself permission to be easy and gentle with myself...To recognize the fact that I am learning a valuable lesson...It is possible for me to make a better choice in the future...Because I want the part of me that recognizes when I have made bad choices to help me to speak up in the moment...To help me to stand strong and be confident...It is an opportunity for me to be in a situation and recognize what I actually need...To acknowledge what I need and to claim it...I give myself permission not to have the answer right now...I recognize that I can come up with a solution...I give myself permission to access all of my parts and to draw on my creativity to come up with a solution...Knowing that it is OK...Not to have the answer in this moment.

This participant was struggling with the fact that her critical voice was being fueled by the critical voices of their family in the past. Think of people in your past who have been judgmental of you.

I recognize that part of me is afraid I'm going to do it wrong...Because in the past, and possibly even right now, there were people in my family who were super critical of what I did...They were critical of my actions...They were critical about the outcome...I appreciate I took their reactions really seriously because they were my family...Because when we are very young, our family is our world...We take whatever they say as the truth...We internalize that voice...I appreciate the fact that my critical voice has learned from my family...It has been informed by my family about how it's supposed to act...But I give myself permission to know that I no longer need to listen to that voice...It was helpful to learn from the people around me when I was really young...But now that I'm an adult...I have way more information...I have much easier ways of

processing this...I don't have to listen to that old critical voice...It may have thought it was helping me in the past...But I give myself permission to put that tool down and to know I don't have to carry it around anymore...Because I don't have to listen to my family's voice in order to feel safe...And I don't need the input of my critical voice to guide the decisions I make as an adult...It is possible for me to navigate this in such a way that I am safe and healthy...Taking the actions I want to take that are right for me.

This is tapping is for anytime you feel angry.

I recognize that the part of me that was angry was trying to keep me safe...Because it recognized that things were not working out the way that I wanted them to...It felt as if I had made a big mistake...Like I was doing something wrong...So the anger I was feeling was just that part of me trying to keep me safe...Trying to keep me healthy in big and small ways...I recognize that the anger was working too hard in its effort to keep me safe...By trying to point out what I was doing wrong...I want the anger to know it was heard loud and clear...And with that understanding I can release the anger...I can let it go....Knowing that it can return if it is needed in the future.

The participant reported that they were frustrated by the fact that they were trying to solve a problem in the wrong way. The frustration was mostly at themselves. This is useful to tap to when you are frustrated with yourself for a poor choice.

Part of me wanted the right outcome and wanted it to happen easily...But I was pursuing the wrong path...I asking the wrong

person...And when I ask the wrong person...I will never get the answer I need...Feeling frustrated and angry makes sense...The critical voice has pointed this out and I'm aware of it...I can move on...I don't need to stay stuck in these emotions in order to move forward in a way that is healthy and right for me.

The participant felt as if they hadn't showed up to something as their best self. This is a great tapping when you feel like you have been judged for not being at your best.

I wanted to show up as my best...But even though I didn't show up horribly...It wasn't my best...My critical voice is beating me up for not making a good choice and letting my emotions get the better of me...I'm aware of that...And there will be times when I allow my emotions to get the better of me...Because I happen to be human and that is part of the human experience...I hear the frustration of the critical voice...I also recognize that it is possible for me to learn from my critical voice...And still be gentle with myself.

The participant felt like she was failing her children because she was stretched so thin trying to make everything work in the middle of the upheaval in the world. Tap in this when you feel like you aren't doing you best.

I recognize that a part of me is beating myself up because it doesn't believe that I'm being a good mother...Because I'm doing so many things and I am stretched so thin...I appreciate the part of me that wants me to be a good mother...That wants me to be fully present for my kids...There are lots of children in the world who don't have a mother who want that exact same thing...And I suspect that this part of me will

never ever be satisfied because it wants the absolute best for my kids...I appreciate the part of me that wants the very best for my kids...And at the same time I recognize I'm living through a unique time...I've never had to deal with the things happening in my life and in the world before...I am stretching myself super thin...I'm trying to take care of my family...I'm using all of the resources at my disposal...And it is not easy...If the world were calmer than it is right now... If the world were less complicated than it is in this moment...Then I wouldn't be stretched so thin...I give myself permission to know that I'm really trying to do the best that I can and I offer myself compassion and understanding...I recognize I'm not showing up in the way that I would in a perfect world for my kids...But that's not because of lack of effort...The voice beating me up for doing that is saying something that I already know...I already know that I want to be doing more for my kids...This critical voice does not need to be present...It doesn't need to berate in this way...In order for me to be healthy and safe...In order for me to be present to my kids.



ABOUT THE AUTHOR



Gene Monterastelli was born in Casper, WY and graduated from the Catholic University of America in Washington, DC. Currently he is a Brooklyn, NY based practitioner who works with clients one-on-one and in groups from all over the world. He regularly leads training on the art of delivery of tapping through TappingArtOfDelivery.com.

He specializes in helping people to use tapping to eliminate self-sabotaging behavior so that they can consistently take the action they want. He has a special place in his practice (and his heart) for families with children who have been diagnosed on the autism spectrum.

Gene is the editor of TappingQandA.com, a site offering more than 1000 free resources on tapping. Since 2009 he has hosted the Tapping Q and A podcast with over 500 episodes in its archive. He is the author of *Surefire Stress Busters*, *How to Save the World and Retire*, and *Comprehensive Anger Management*. He loves to answer the most common (and uncommon) questions about tapping and EFT and can be contacted through his website TappingQandA.com.

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