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PROCRASTINATION TAPPING SCRIPTS

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Tapping and EFT are new protocols and there is still much to be learned. This book is intended as information only. It is not capable of diagnosis and should not replace emotional, psychological, and/or medical care. Before you add anything new to your life including diet, exercise, or tapping, please consult your primary care physician.

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This participant was frustrated by the fact that she wasn't getting a chance to do the work that she wanted to do. Instead her supervisors were having her do tasks that not only was she not good at, but also tasks she didn't like. This is a great tapping to do when you are frustrated with having to do something you don't enjoy.

I recognize that I'm really annoyed...I'm so pissed off that I'm not actually getting to do the things that I want to do...And I don't get the opportunity to make the difference that I want to make...Instead I'm in a situation where as well as being asked to do something that I don't know how to do..I'm also being asked to do something that is outside of the scope of why I took this job...If I demonstrate my competence at this, they're going to make me do more of this...Which will push me even further away from what I really want to do...I give myself permission to know the anger and resistance I'm feeling are trying to take care of me...By pointing out that the way this path is unfolding is not what I want...My system is trying to give me this information...Even though I'm already aware of that consciously, this part of me wants to be certain that I take note...This is really not what I want..And this particular instance isn't just about writing press releases...It is one more opportunity for me to recognize that this isn't what I actually want...That doesn't mean I'm going to do something drastic right now...But it's good for me to be really clear about what I do want...What I'm getting in this moment...And how those two things are not the same.

The participant was being hard on themselves for choosing a job (again!) that wasn't the right fit. This is useful whenever you think you have made a bad choice.

There is a part of me that's worried that I'm making bad choices...I'm going from one bad situation to another bad situation...I must be in this circumstance because I'm really bad at making choices about where I should work...I also recognize that volunteer organizations and social services are notoriously badly run...Because they are mission driven and often lead with their heart and lack the domain expertise for good management...Part of the reason why it's hard to find a good fit for myself is because I have a very particular standard about how I want to work...I want to work and am willing to do what is necessary to be successful...I give myself permission to be gentle with myself as I find a workplace that is a good fit for me...It is OK if it takes a couple of tries for me to find the right place...Because I know that for true change to happen...There needs to be a specific infrastructure in place where I can use my giftedness...To help them to be truly effective...Because making real change is not just about intention and heart...It's also about the way we execute it.

This participant was struggling with sharing tapping to their professional medical colleagues. This tapping is great for anytime you feel like a group of people aren't going to listen to you.

I recognize that I am afraid that if I follow this path, lots of people will ridicule me...They will say that this is craziness...That this is woo woo crap...And the only thing that they deal in is hard science...I also recognize that there is no such thing as people...People is a collective noun that I use to describe a group of individuals...And when I treat them as a group, I treat them like a giant monolith...Like they're all exactly the same...Because they are part of a group...There are things they have in common...But they are not exactly the same...When it comes to doing

something new, there is a giant bell curve...Some people are super excited to try new things...Some people don't want to try anything created after 1954...And lots of people are in between...I also recognize that with each passing day we have more research that demonstrates the efficacy of tapping...So when I'm talking to a more scientific group it would be good for me to lead with what they want to hear...Because speaking their language will mean I have the opportunity to be heard...When I don't speak their language, they dismissed me right away...Speaking their language doesn't mean they're going to agree...But I'm much more likely to be heard...I don't have to convince every doctor on the planet that this is a good idea...Every single doctor who opens their eyes to this improves the quality of care to everyone they serve...So every single time I find one person who is a doctor and is open to this...I have the opportunity to touch thousands of lives...I give myself permission to need to learn how to communicate effectively to this particular group of people around this topic...Knowing that some people will listen...Not all the people...Because we can't even get everyone to agree on the fact the world is round...So no one thing is going to be agreed on by everyone...It is OK that not everyone agrees and not everyone listens...Because there will be some people I share tapping with that are going to reject it...But little by little I will persist...Knowin that even though they didn't listen to me fully, I have nurtured the soil so it's easier for them to say yes later.

This participant felt like they couldn't speak up because as a child they were yelled at for speaking. Any time you feel like it isn't safe to be heard, this is a great script to tap with.

I recognize that when I was younger I was yelled at for speaking up...I was yelled at for lots of reasons...Sometimes it was for what I said...Sometimes it was for when I said it...Sometimes it was just because mom was in a bad mood...It had nothing to do with what I was saying or the value of what I was saying...Human beings want a strong connection with others and we want to be accepted by our family...So any time we do something that threatens that connection, we immediately want to stop doing it...We immediately want to steer clear of it...I learned the lesson when I spoke up, I would be yelled at...And that meant I was unsafe because I risked being pushed outside of the family...I give myself permission to know I am in a different place now...I am outside the power dynamic of being a small child who is stuck in something without control or power...I now have power...I have autonomy...It is now safe for me to be heard...That does not mean I talk all the time...That I share all of the things with all of the people....But it is safer for me to speak up when I want...To share what I want with whom I want...I also have permission to stop sharing...Just because I shared something in the past doesn't mean it has to be that way forever...I can let it go and make a new choice...I give myself permission to know that I can share more than I am sharing right now and feel safe.

This is a script that is perfect for when you feel like something isn't going to work out because you failed at it in the past.

I recognize the part of me that is trying to keep me safe...That part of me doesn't want me to fail...The way that it is keeping me safe is remembering the times when things went wrong...If I remember the times that went badly, I can avoid them in the future...But if I only think about the times that went wrong, then I'm not remembering

accurately...I had to learn every single thing that I can do...And I didn't do anything perfectly in the beginning because I was learning...I can now do it...I give myself permission to know it is OK to do something imperfectly...To know my subconscious is remembering the failures as a way of keeping me safe...It just happens to be working too hard...It is too focused on the negative...I choose to know that it is possible for me to be imperfect...And for me still to be safe.

This is one of my favorite ways to end a tapping session.

I appreciate that this is a healing process...Not only is it a healing process...It is also a process I can get better at...The more I listen to my body...The more I listen to my system...The better I get at doing exactly that...The easier is it for me to heal...And I appreciate that fact...All of my parts want me to be safe...That all of my parts only want what's best for me...So procrastination is something that wants me to be safe...Procrastination wants me to be healthy as I navigate the world...It just happens to be working too hard...It is using a tool that is less than useful...I hear the procrastination loud and clear...I give the procrastination permission to tell me why it is worried about taking action...So that my entire system can work more efficiently...I can be happier and I can be healthier...I am a work in progress...And this is one more opportunity for me to make progress.



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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