

# The Tapping Solution For Financial Success & Personal Fulfillment

7-WEEK PROGRAM



## • Workbook - Week 3 •



*Our new and improved workbooks now allow you to type in your notes and save them right to your computer! Just type your answers into the blue boxes and then save the file to your computer.*

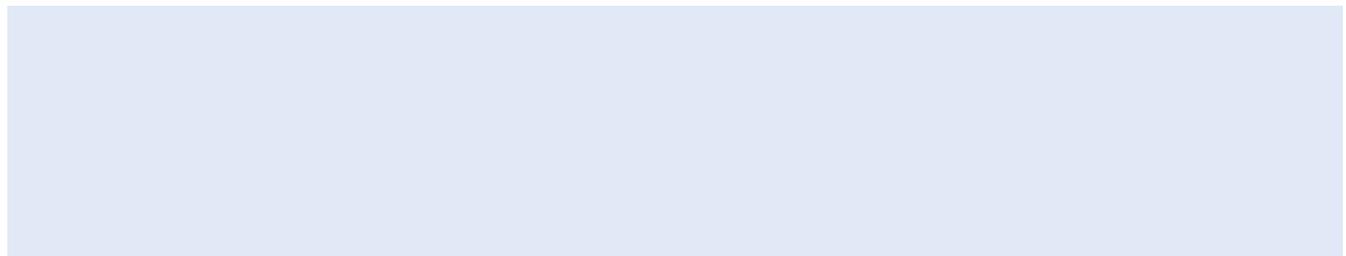
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Welcome to Webinar No. 3 of the “Seven Weeks to Financial Success and Personal Fulfillment” program!

## This Week’s Subject: Your Critical Voice

Your Critical Voice is that little devil on your shoulder, the voice that tells you all those critical things about yourself. It’s the voice that says, “I’m not good enough.” It’s the voice that says, “You’ve got to do a better job here. You’re not doing enough.”

Can you already hear your own critical voice? Can you hear what it’s saying to you?



It’s important to set high standards of achievement for yourself, but if your critical voice is going to scream at you because you failed to reach those standards, it will just make your life miserable.

*Our purpose today is to learn to tame that critical voice...* Quieting that critical voice is key to achieving that element of personal fulfillment that we all strive for.

If you saw the film “The Tapping Solution” you’ll remember Jodi’s story. She came to try to heal her fibromyalgia. During the process, the focus shifted to all those things that had been sitting on her desk for years, all those projects and dreams that were only half done. And when she looked deeper into what was going on, she remembered an issue from her childhood: how she perceived that her father always paid more attention to her sister than he did to her. This led her to believe she had to be perfect to receive any attention, and when she didn’t measure up her critical voice told her so.

And this is such a common thread: childhood trauma, which leads us to compare ourselves to others, and leaves us finding ourselves wanting or lacking in some way.

The idea of, “I have to be perfect or else,” is going to stop you dead in your tracks every time, because you’ll never achieve perfection...

So while you want to strive for the best, and set high standards for yourself, there’s a delicate balance we have to navigate to avoid letting these high standards be fodder for your critical voice.

Does this bring to mind any childhood memories that may be feeding your critical voice?

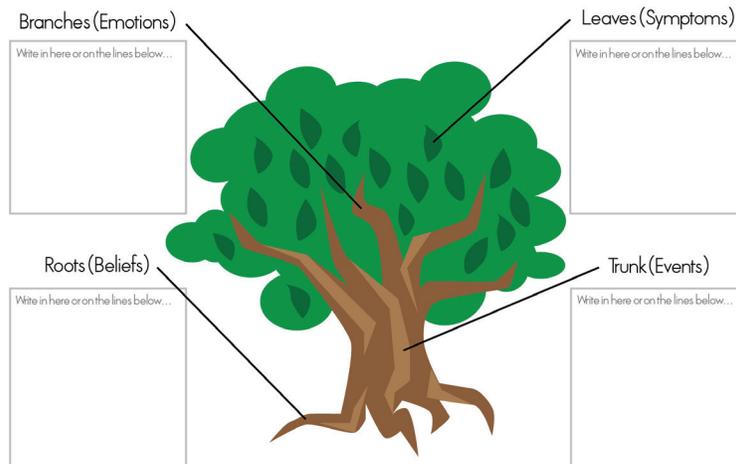
### The “I am \_\_\_\_\_” technique

How do you identify that critical voice? Everyone is different; everyone’s critical voice is saying different things. Perhaps one of the easiest ways to find it is to say out loud, “I am \_\_\_\_\_” and then you fill in the blank. Remember, we’re focusing on the negative. If nothing comes up, just give it another second because sometimes we struggle. Get present in your body. Remember we keep talking about getting present so you really feel it. Take a deep breath and then just say, “I am \_\_\_\_\_” and see what comes up. Then see how it feels in your body. See how you react to that.

You may also ask the “I am \_\_\_\_\_” question when you focus on specific problems too, on specific dreams or goals. These may give you a phrase that’s different from your more general “I am \_\_\_\_\_”

What “I am \_\_\_\_\_” statements come to mind?

It also helps to remember the Tapping Tree, so that if you get stuck and can’t get past a situation, you can look down the tree to the events that produced the emotion, and even to the root cause of it all.



So tune into an event, something that happened recently, or maybe you're criticizing yourself right now, or you did half an hour ago, or you know you're going to in an hour.

Tune into the emotion, feel it in your body. What does that self-talk sound like? When do you criticize yourself and for what reason?

How would you rate the intensity of that critical voice?

Let's tap:

KC: Even though I have this critical voice  
I just can't quiet it down  
I deeply and completely accept myself.

Even though I'm so critical of myself  
I deeply and completely accept myself.

Even though I just can't stop criticizing myself  
I've been doing it for so long  
I deeply and completely accept myself.

EB: This critical voice  
SE: This critical voice  
UE: I don't know how to silence it.  
UN: How do I silence it?  
CP: I've had it for so long  
CB: This critical voice  
UA: It's in my head  
TH: And it won't shut up.

EB: Why do I criticize myself so much?  
SE: Why do I keep thinking the same thing?  
UE: This critical voice  
UN: This habit of criticizing myself  
CP: Is it serving me?  
CB: Why am I doing this?  
UA: How can I stop?

TH: How can I be easier on myself?  
EB: How can I forgive myself?  
SE: How can I cut myself some slack?  
UE: Maybe I can give myself a break.  
UN: Maybe I can take a deep breath.  
CP: And forgive myself.  
CB: I'm not perfect  
UA: And neither is anybody else  
TH: Releasing this need to be perfect

EB: Forgiving myself  
SE: Accepting myself  
UE: And quieting this critical voice  
UN: It's time to quiet this critical voice.  
CP: I thank it  
CB: But it's time to move on  
UA: It's time to give myself a break  
TH: It's time to cut myself some slack.

Take a deep breath.

## Being Critical of Others

It's also important to take a look at the way you're criticizing other people, and see if that's a mirror for some of the things that are going on with you, and to recognize that if you're being critical of other people, that's also a critical voice you may need to quiet.

Who else are you being critical of, and could this be your own critical voice acting up?

## The Critical Voice vs. Intuition

Very often we are scared to quiet that critical voice because we believe that it's the voice that keeps us going. That it's the voice that actually helps us achieve everything we want in our lives and if we quiet down the voice, then we're basically giving up.

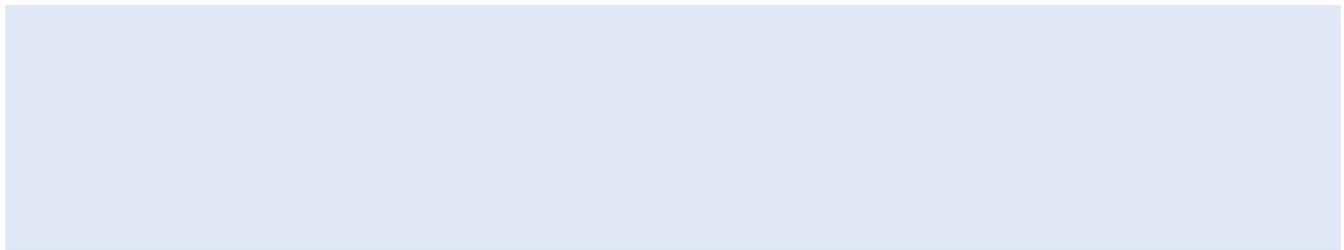
But in reality the voice you need is the voice of *intuition*.

We need to determine the difference between the critical voice and intuition. Here's a little clue: *the critical voice typically makes you feel bad*. You're not happy. You don't feel a surge of energy. You don't feel empowered. *Intuition, on the other hand, feels right to you*. So start trying to recognize within yourself the difference between your critical voice and your intuition. You'll know the difference.

## When The Critical Voice Is Active

If your critical voice is active now, go right ahead and tap on it. You don't even need to worry about the "even though" set-up phrases. The critical voice is acting up. That's what you're hearing, so just go ahead and start tapping on whatever it is that it's saying, and just run it through your head. If you're by yourself, say it out loud. Just say that and start tapping and start calming that response.

Is it saying something to you now?



Then see if you can get the same message from your gut or your heart as opposed to your head. If you're working on a project and the critical voice is giving you its typical critical chatter, just start tapping right there. Start tapping as you think about everything you're supposed to be doing, and what you're doing wrong, and that you're not good enough, and why you're upset at yourself... So tap, and keep going until you find that critical voice quiets down.

Now you ask your body to give you whatever message you need now but give it from the heart or the gut. Now what comes up? You might actually hear similar things, but now they're coming from a place of excitement, of self-confidence. *That's* the voice of intuition!

Some people may say that's the same thing, but it's not. You're getting a different quality of information. The reality is that you are so much more likely to act on the information from your intuition than you are from your critical voice.

## Retraining The Brain

So let's do some tapping on this habit that we have of being so hard on ourselves and always looking at what we're doing wrong instead of all the things that we're doing right.

We need to literally *retrain the brain* to quiet down that negative and start looking at the positive.

KC: Even though I keep noticing what's wrong  
I can't focus on anything else  
I deeply and completely accept myself.

Even though I just can't focus on anything else  
My critical voice just keeps speaking up  
There are so many negative things around me  
And I have to notice them  
I deeply and completely accept myself.

Even though I have to keep myself safe  
By noticing everything that's wrong  
I deeply and completely accept myself.

Even though I just can't stop noticing what's wrong  
I deeply and completely accept myself.

EB: I can't stop noticing what's wrong  
SE: My brain is trained to do that.  
UE: I just can't stop.  
UN: I've got to keep myself safe.  
CP: And I do that by noticing what's wrong.  
CB: I have to notice what's wrong.  
UA: I have to keep myself safe.  
TH: I have to keep myself safe.

EB: It's not safe to be positive.  
SE: It's not safe to look at the positive.  
UE: I have to be negative  
UN: To stay safe.  
CP: This pattern of negativity  
CB: This critical voice  
UA: Changing it now.  
TH: It's safe to notice the positive.

EB: It's safe to believe in the positive.  
SE: It's safe to be positive.  
UE: It's safe to be optimistic.  
UN: It's safe to be enthusiastic.  
CP: I choose to be optimistic.  
CB: I choose to be enthusiastic.  
UA: It's safe to be enthusiastic.  
TH: Feeling positive now.

Take a deep breath.

We're quieting the critical voice but you're probably going to get a little fight from it. Expect a little bit of push back.

With the tapping you are directly retraining the brain to act differently. You'll find as you start quieting that critical voice that there's the new identity that is coming into place here. When you don't have that critical voice, you're going to find that life is a heck of a lot better. Not only are you feeling closer to that personal fulfillment to which we are aspiring, but doors will begin to open financially in many ways.

## **The Critical Voice and Your Finances**

This critical voice often actually stops people from having the business success or cash flow they want. The voice is right at the bottom of it. It affects every small decision we make, and we stop ourselves from participating in that new business venture because of that critical voice.

If that critical voice shows up as perfectionism, you may have a business or career opportunity right in front of you, but you shut it down...

## **Fear of Failure**

Another interesting fear that people have, that often makes the critical voice louder, is the fear of failure. That fear of failure brought up from past events keeps us anchored and unable to move towards what we want to do next.

But the reality is that usually the most successful people fail most because they keep trying things!

The challenge is that those failures were very, very important in terms of learning lessons and learning what to do differently, but you've got to take the lessons and pull the positive out of them and not let them stop you dead in your tracks.

Unfortunately, most people get stuck because they have negative experiences, traumatic events, as we all do, but if they don't clear them somehow, these things build upon each other just create a barrier of fear.

So we use the tapping to take those past experiences, and use them to empower ourselves. Take these experiences, take these failures, and for once in your life actually give yourself a little pat on the back – and then a tap on the eyebrow! – and say, “Even though I've had these failures, I deeply and completely accept myself.” Let's do some tapping on that right now.

So tune into these failures. We've had them. They're there. They're in the past, but if one stands out as a particularly traumatic event, tune into that. Or you can put them together in a big pile

if there are ten of them, and just lock in on those and feel what you feel. Are you angry about what happened? Are you embarrassed? Are you sad? Are you frustrated that you keep failing?

We all have a string of 1,000 failures of the things we said we were going to do. We chalk those up as failures too. So string all of those together, lock in on that event, that emotion, that belief.

What comes to mind?

Give it a number on a 0 – 10 scale for intensity

And let's do some tapping.

KC: Even though I've failed so much  
I deeply and completely accept myself.

Even though I have a history of failing  
And I keep judging myself  
I deeply and completely accept myself.

Even though part of me believes  
That I failed more than anyone else  
I deeply and completely accept myself.

EB: All these failures

SE: All the trauma

UE: From these failures

UN: I just can't let them go.

CP: I can't let these failures go.

CB: They keep me stuck.

UA: I keep hearing about them.

TH: From my critical voice.

EB: All of these failures

SE: All these failures from my past

UE: All these failures from my present

UN: All this trauma

CP: About what I've done

CB: Or what I haven't done  
UA: Releasing all these failures  
TH: Releasing this energetic imprint

EB: From all these failures  
SE: I'm taking the positive lesson  
UE: And I'm moving on.  
UN: I'm so happy with how much I've failed  
CP: I have so much great information  
CB: I know exactly how to move forward  
UA: I'm betting on myself  
TH: Because I failed so much.

EB: And I actually didn't fail that much.  
SE: Maybe I was blowing this out of proportion.  
UE: Maybe it's time to let all this go.  
UN: It's in the past  
CP: And it's time to move on.  
CB: It's time to move on  
UA: It's time to let go  
TH: Letting all this go now.

Take a deep breath.

See how that feels and check in on the intensity. 

Remember, as with everything, if the intensity is still there, pause, do some tapping on your own. You can rewind. Keep tapping until you bring down the intensity on these particular issues. If something sticks out as a big event in the past, focus on that.

Don't get worried about doing it perfectly. Don't get worried about the language. See it in your mind's eye. Remember what happened. Remember all the details of what happened. Remember what people thought about it. Remember how you felt about it.

## **Tapping IN The Positive**

Now let's do some tapping just looking at the positive side, being a little bit nicer to ourselves.

EB: Hello critical voice.  
SE: It's nice to see you again.  
UE: I hope we can be friends.  
UN: I really appreciate everything you've done for me.  
CP: But it would be nicer if you got a little quieter.  
CB: I want to change this critical voice

UA: To positive intuition.  
TH: This intuitive voice

EB: My critical voice  
SE: Turns into my intuitive voice.  
UE: I'm listening to my intuitive voice.  
UN: I'm believing in myself again.  
CP: I'm quieting down all this mental chatter  
CB: So I can hear this intuitive voice.  
UA: It's time to listen in,  
TH: Cut myself some slack

EB: Give myself a break  
SE: I am doing great.  
UE: I'm doing the best I can  
UN: With the resources I have  
CP: And that's enough.  
CB: All I can do is my best  
UA: All I can do is forgive myself  
TH: All I can do is forgive others

EB: And trust that all is well.  
SE: All is well.  
UE: I'm so grateful for all of my failures  
UN: And all of my successes.  
CP: I believe in myself  
CB: I believe in my ability to help others  
UA: I believe in my ability to change the world,  
TH: I believe in my ability to change my financial picture.

EB: It's time to believe in myself again.  
SE: It's time to believe in myself again.  
UE: And it's happening now.  
UN: It's all happening now.  
CP: And I'm having a great time doing it.  
CB: My finances are growing  
UA: More money in the bank  
TH: And more fulfillment in my life.

Take a deep breath.

It's smart to make the switch from the critical voice to the intuitive voice, because it's very hard to just shut up the critical voice. It's going to fight back. So do some tapping. Quiet the critical voice. Turn it into the intuitive voice. So now that voice is a victory, it's an ally!