

EFT TAPPING EXERCISE TO QUIET YOUR INNER CRITIC

By Nicole Raymondi at Self by Design

EFT is a powerful way to release stuck energy in your body and regulate your state at any moment. I teach this technique in my Self by Design Coaching Method to all of my clients to empower them with the ability to shift their emotions at any moment.



Just to give you a super quick overview, EFT is a therapeutic technique based on the ancient science of acupuncture and acupressure. It uses the same basic energy meridians, which are pathways for your energy to move throughout your body, that have been used in Traditional Chinese Medicine for thousands of years to release the physical, emotional, and mental stress that we so often hold tightly in our bodies disrupting our thought patterns, moods, and ability to fully enjoy each moment.

As you tap on these energy meridians throughout the body, and emote about what's coming up for you, you're sending a signal to the brain (and particularly the amygdala where our emotions are stored), that it's safe to calm down. All is well.

This exercise will help you dissolve that critic with love and compassion instead. The only way to truly move forward in life.

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The secret of change is to focus all of your energy, not on fighting the old, but on building the new.

- Socrates

Quotes sourced from Self By Design

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Book of the Month Recommendation

**The Heart of the Buddha's
Teaching: Transforming Suffering
into Peace, Joy, and Liberation**

by
Thich Nhat Hanh

In The Heart of the Buddha's Teaching, Nhat Hanh introduces us to the core teachings of Buddhism and shows us that the Buddha's teachings are accessible and applicable to our daily lives. Covering such significant teachings as the Four Noble Truths, the Noble Eightfold Path, the Three Doors of Liberation, the Three Dharma Seals, and the Seven Factors of Awakening, this book is a radiant beacon on Buddhist thought for the initiated and uninitiated alike.

The first step is always to rate the level of the emotion you're feeling (in this case how strongly the inner critic is speaking) from 1-10

Once you have that number, I want you to raise your hand and we're going to start on the "Karate chop point" (login to your EAP portal and navigate to "Mindfulness Training" for a video describing the 9 tapping points and other mindfulness content.)

Repeat after me, out loud because we want to speak this out of ourselves! Move it out.

We're going to release the negative first, then tap in the positive

Side of the hand: "Even though this inner critic is so loud, I deeply love and accept myself."

Eyebrow: "Even though, I'm always so hard on myself, I deeply love and accept myself."

Side of the eye: "Even though, I'm so frustrated by this judgmental voice, I deeply love and accept myself."

Under the eye: "Even though, I'm always criticizing myself for something, I deeply love and accept myself."

Under the nose: "Why do I beat myself up like this?"

Chin: "Then I beat myself up, for beating myself up."

Collar bone: "I'm so hard on myself."

Under the arm: "Is it because I feel like I deserve it?"

Top of the head: turning point "I don't deserve this. I deserve to treat myself with love, compassion and kindness."

Eyebrow: "I deserve so much more than this. I am a beautiful human being."

Side of the eye: "I am also human. Filled with good and bad, light and dark, and I deeply love all of me."

Under the eye: "I am open to a new narrative."

Under the nose: "I am ready to release this pattern."

Chin: "From now on, I speak to myself from my highest self."

Collar bone: "I choose to continually shower myself with love, compassion, and kindness."

Under the arm: "I am fulfilling my greatest purpose and highest calling."

Top of the head: ending/highest point "I am loving and loved."

How do you feel?! Rate yourself from again 1-10 and tap through this script as many times as needed until you're down to at least a 2.

Every time this inner critic arises, because it will, continually come home to bathing yourself with love and compassion instead. Acknowledge it, thank it for it's concern, then wash it away with love and acceptance.

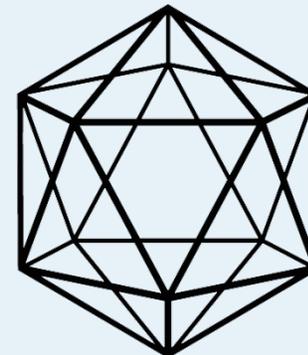
Like all mindset work, the key is not perfect technique but persistence and repetition. Repetition solidifies those new neural pathways in the brain, making love and compassion your new default instead.

So try it at home, silence that inner critic and call in your highest, truest self.

For more information and a full tutorial, visit www.nicoleraymondi.com/blog/

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