



Tapping Into Self-Care: Finding the Power to Say No to Others and Yes to Yourself

Jessica: With the demands we have from work, friends and family sometimes it can feel like we don't have time for our own lives. In our quest to do our best we can often lose ourselves, and we end up exhausted and overwhelmed. In a world that always seems to be putting demands on us, how can we take the time to take care of ourselves and what difference does this really make in our lives? The answer will surprise you.

We will be speaking to New York Times bestselling author Cheryl Richardson from CherylRichardson.com. Her books have helped literally millions of people live a more balanced and fulfilling life. Her work has been covered widely in the media including The Today Show, CBS This Morning, the New York Times just to name a few.

She has been a frequent guest on Oprah lending her expertise in helping people transform their lives, and today she is going to help you transform your life. Welcome Cheryl, thank you for being with us.

Cheryl: Thanks Jessica, great to be with you.

Jessica: I'm thrilled that you're covering this topic. I think it's something that's so important that's not being addressed enough. You have a great book called The Art of Extreme Self-Care, so I want to start by just asking you what do you mean when you say self-care?

Cheryl: Well, I think of self-care as soul care, really caring for the deepest part of us, caring for what's true for us at any given moment, caring for the quality of our health, our emotional, physical, spiritual health, being able to care for our relationships, our environment, the environment that we work in, the environment that we live in. In order to really care for those things, we need to start by just making a commitment to make our own needs, our own desires, our own truth a priority. We do that by practicing good self-care.

Jessica: Absolutely. We're going to be going more into this, but let's talk about the other side. What happens to someone's life when they are not practicing self-care?

Cheryl: First of all I want to say, Jessica, that I've dedicated my life to this topic because it's something that I've had to contend with myself right from the beginning. If I think about it on a foundational level, what happens to people is they walk around with a voice inside their head that says, "This isn't what I want to be doing," or, "There's got to be more than this," or, "I'm so frustrated with myself because once again I filled my schedule up too much or I said yes when I wanted to say no." On a deep level we walk around with this chronic frustration, either this chronic frustration about not living the way in which we really feel like we're meant to live. Or as has been said so poetically, in a state of quiet desperation where you just go through the motions every day and you sort of arrive at this comfortably numb place, but you know there's something more and yet you just keep doing the same old thing. The way it looks like is being overscheduled, feeling like there's never any time for you, being irritable and agitated with the people closest to you, feeling resentful. A lot of women, for example, live in a chronic state of resentment. Ultimately if you don't learn how to take good care of yourself the body's the last place for stress to show up. So when someone's sick, for example, one of the first things I look at is what's going on in their life. The doctor's is going to look at what's going on with this person's body. The psychologist is going to look at what's going on with this person's mind and behavior patterns and habits and life, emotional life. As a coach I'm going to look at what's the state of their life? What's the state of their schedule? What's the state of their relationships, their financial health? All of these things play a significant factor because by the time you get sick there's already been a huge lack of self-care, a huge lack of living and honoring your own truth going on. So if we go back and deal with that we deal with the source of the problem, and usually the body responds beautiful.

Jessica: It's so true. Cheryl, so many of us know that we need to take better care of ourselves. It's something that we continuously wish to do, but we find that we fall short. That tends to happen because we have some major blocks around self-care. So I know we're going to be covering these and doing some tapping, which I'm really looking forward to. But first I just want to ask you about tapping, because

you learned this years ago and in the last few years you've really began to share it even more with your audience. What is your take on tapping and why do you think it's such a valuable tool?

Cheryl:

I do think it's an incredibly valuable tool and it's a tool I've been using for the last 20 years. I was introduced to it by my husband when Callahan was first doing the tapping. I have to say, I've been using it all along sort of behind the scenes in my own life. Like a lot of us have done, Jessica. I'm sure you did the same thing in the beginning with friends and family. Sometimes during, early on when I had a private practice as a coach something would come up and it could so clearly be dealt with with tapping that I would step in and do some tapping with the person. And honestly, the reason I've been more public with it in the last few years is really, it has a lot to do with both you and Nick. When we met, I don't even know how many years ago it was now, when you were first filming the movie. We did the interview I remember just thinking, "Gosh, these are really great people and tapping is such a powerful healing modality, and I'm so glad that they're going to be bringing it out into the world do more people." The both of you have made such a beautiful contribution to this field. As a result, really what you did for me was what I'm hoping we do for everybody listening to this program, and that is remind you how powerful this is so you start using it on a daily basis. I don't know about you Jessica, but when I first learned about it I would use it off and on. Then I would go through periods where I'd use it consistently and miraculous things would happen. Then I'd stop using it. My husband would say to me, "Honey, have you tapped on that?" I'd be like, "Oh my gosh, I completely forgot. Yeah, I could tap on that." I feel like I've gotten more in the rhythm of using it consistently in my own life. And one of the cool things that happens with tapping is that the more I use it the more the tapping I find is a direct link to my intuition and to the intuition of the people that I'm working with, so that suddenly through tapping we can access the truth quickly, elegantly, efficiently and deal with the source of the problem. And once you experience the benefits of it over and over and over again you realize it becomes the first course of action instead of the last course of action, and that's what's really been happening in my life.

Jessica:

I think a lot of people, including myself, can relate to that story. I said it before. We know that we're supposed to be taking better care of ourselves. We want to

but we find ourselves continuously falling short or just getting busy with our lives. Let's talk about some of the sometimes unconscious reasons that we are preventing ourselves from taking time for ourselves and practicing self-care. What are some of these major blocks that you see?

Cheryl:

First of all, I'm a big believer in sort of basic family systems therapy. It's important to go back and just look at the role that you play as a child or as a young adult in your family. The role you played and the circumstances you experienced will have a big effect on your ability or inability to practice good self-care. For example, if you grew up in a family where there was a lot of conflict, either through yelling or withdrawal, then it's not uncommon to become conflict phobic which is one of the consistent blocks I see with men and women around self-care. If you become conflict phobic then what do you do? You do your very best to avoid conflict. What does that mean? Chances are you're going to say yes when you mean no. Chances are you're going to over schedule yourself because you want to take care of other people instead of yourself because you're too afraid that someone's going to be disappointed or angry or upset or hurt, so you want to avoid that conflict by instead putting yourself at risk. That's essentially what we're doing. If you were rewarded for being a good little helper, a good littler girl or a good little boy, and you grew up with this pattern of just being a good helper like I did, you start to believe that your value is found in your capacity to help. Before you know it you're helping too much and you're helping all the time, and sometimes you're even intrusive with your helping. This pattern, this habit, occurs and before you know it you don't even know you're doing it anymore. It's just automatic for you to help. I would say guilt is also another – so just habitual patterns that become unconscious and automatic, a fear of conflict and also guilt. Just yesterday I was talking with a woman on my radio show who called in and said, "I help people all the time. I've been doing it for the last two years' way overboard. I'm burnt out and I'm just waiting for the guilt to go away so I can start taking better care of myself." I hear versions of that a lot. The reality is you can't wait for the guilt to go away before you start taking care of yourself. You actually have to befriend guilt, you have to embrace it, see it as a sign that you're on the right track. It's a perfect avenue for tapping. It's a great example of how we can use tapping to deal with a major block, this fear of what we call guilt.

Really what it is is anxiety. So much of what's going on here, by the way, is anxiety at a base level. I feel anxious when I come up against conflict so I avoid it by saying yes when I mean no. I feel anxious when I tell you I can't babysit your kids this weekend. I call it guilt because I feel guilty because I know you really needed I, but what's really going on underneath is I feel anxious and I can't sit with that anxiety. It's way too uncomfortable. Many of us consistently take actions every single day in an effort to avoid anxiety. What better tool is there to deal with anxiety than tapping? It automatically calms the body down, it calms the amygdala down, it starts to lower cortisol levels automatically. It's a good example of if you just start using – I just roll off and just tap the collarbone spot. The minute something happens where I start to feel anxious, because stuff's going to happen where we all feel anxious, I automatically begin tapping that spot and I can feel my body calm down. Once you have a tool that you know can manage your anxiety that comes from guilt or conflict phobia, or just breaking these habitual patterns, once you know you've got a tool that works your whole life starts to change.

Jessica: What's so interesting about this topic, Cheryl, is that so many of us struggle with it and we don't even know it's the problem because really what we're trying to do is just be a good person. We're just trying to add value, and so we have these great intentions to show up and be good to this world and do a good job. But we do it in a way that sacrifices our own needs to the point where we can't actually show up in this world being our best because we're so exhausted and overwhelmed. But again, it's such a tricky problem for people to see because when they first look at it they say, "I'm proud of being the type of person that always says yes and is there to help people." What do you say to someone that is having that struggle of even looking at this as a problem?

Cheryl: Let's not confuse being a truly authentic generous soul with over giving. They're two very different things. If you're making choices and decisions out of guilt and obligation, I often say it's not a relationship. It's an arrangement you have with people. The best most soul nourishing relationships I have in my life are two-way streets. In other words, there's a give and take between both people. There's a commitment to honesty, which means you and I might have a plan to have dinner Saturday night, Jessica, and on Saturday afternoon I'm just not feeling it. I'm tired

or I feel moved to write. I know I can call you and say, “Hey honey, I know we had plans for dinner tonight. Here’s what’s come up for me and I’m wondering if we can reschedule.” You’re going to really honor that and not take it personally and understand that I’m practicing good self-care. These are the kinds of relationships I take to my grave. These are people they’re part of my soul family. I’d never had those kinds of connections before. I had glimpses of them, but I never had them. What I had was a whole bunch of arrangements that I called friendships or romantic relationships or collegial relationships or business partnerships. But they weren’t built on truth. They weren’t built on being authentic. So there’s that piece of it. Today as somebody who takes far better care of myself, I can tell you I’m really strategic about how I give. I give more. I give better. I feel like I’m a very generous person, but not at the cost of my soul because once it’s at the cost of my soul the giving’s not coming from a pure place. It’s really important. Here’s the other thing that I think is critical, especially on the planet at this time. On some level I think we’re all artists and healers. I often say that to audiences, and people get it on a deep level. We’re all here to create in ways that heal regardless of what you’re creating. We can’t bring our most authentic gifts to the world when we’re covered over with these habits and behaviors and beliefs and fears, just ways of being that have us giving more power to the personality than to the spirit. Whether you’re tapping because you want to lose weight, whether you’re tapping because you want to overcome a fear or phobia, you want to deal with anxiety, whether you’re tapping because of depression, tapping because of financial issues, whatever it might be, at the source of all of those issues is this conversation about self-care. Because it’s really about do you want to be a good girl or a good boy, do you want the illusion of being a good person on the planet or do you really want to be an authentic leader who makes a significant contribution to your own life first, because when you do that you then naturally make the most significant contribution to the planet.

Jessica: It’s just so exciting to think about this shift that people are making. You mentioned some blocks already. It seems to me that a big step is to begin to create boundaries and that is very scary, especially people who have a phobia around conflict. How can tapping help with that?

Cheryl: Let me say, 95% of people I meet have a fear of conflict, are conflict phobic in some way. It's a big issue. There were times in my coaching practice when I worked with individuals where we would dedicate one year just to setting boundaries, one whole year. That was the plan. We were going to work on really setting limits. Some people, I would have them take a sabbatical from giving for six months. They had to inform everyone in their life for the next six months, "I'm not going to be giving anything. I'm letting you know ahead of time so that you don't take it personally. It's not about you. It's about me and learning to take better care of myself." It would do wonders because the people who were afraid of disappointing people or hurting them or setting the boundaries and dealing with the repercussions, suddenly they had permission. They gave themselves a wide net where they could begin to practice self-care with the ability to remind people, "Hey, remember this sabbatical that I'm taking." It begins with boundaries. When we set boundaries the fear that comes up is, "People won't like me. People are going to be mad at me. People are going to withdraw from me." If you had a mother growing up who gave you the cold shoulder when she was upset with you then any inkling of a withdrawal from another human being will set you in motion to do something you don't want to do, for example. Setting these boundaries with people is critical. The thing we end up feeling is anxiety. At its root level it's anxiety. So we could tap just on that piece.

Jessica: Cheryl, I would love to do some actual tapping to help us overcome this fear that we have that we'll cause trouble or someone will be mad at us or we'll be rejected if we begin to start setting those boundaries.

Cheryl: Okay, great. I'll do the language. You'll just repeat and tap along with me. We'll use the basic algorithm.

Jessica: Yes, absolutely. I encourage everyone that's listening to tap along and repeat after Cheryl.

Cheryl: Let's go to the karate chop:

SH: Even though I'm afraid to set boundaries, Because I'm afraid people won't like me, and they'll get mad at me, I love and accept myself anyway.

Even though I'm afraid to set boundaries, And it makes me anxious, And it makes me feel guilty, I love and accept myself anyway.

Even though I'm afraid to set limits with people, Because I'm afraid they're going to get mad at me, And withdraw their love, I choose to love and accept myself anyway.

EB: I hate setting boundaries.
SE: It makes me so uncomfortable.
UE: I feel anxious.
UN: I feel guilty.
CH: I hate feeling guilty.
CB: I get so anxious when I set boundaries.
UA: What if people don't like me?
TH: What if people get mad at me?

EB: I hate feeling guilty.
SE: This feeling is just uncomfortable.
UE: I'd much rather just do what they want me to do.
UN: No I don't, I'd rather do what I want to do.
CH: Nah, I'd rather keep other people happy.
CB: I need to learn to keep myself happy.
UA: And I'm learning it right now.
TH: I feel peaceful and calm.

EB: I feel empowered.
SE: I know what I need to do to make peace with setting boundaries.
UE: I love feeling guilty.
UN: When I feel guilty I know I'm on the right track.
CH: And the minute I know I'm on the right track the guilt starts to go away,
CB: And I feel peaceful and calm.
UA: I love feeling peaceful and calm.
TH: I am a master at setting boundaries. Okay great. Then just take a breath.

Jessica: Thank you.

Cheryl: You're welcome, Jessica. At this point what I always just say is take a breath and notice anything that occurs to you. Of course, any thought, feeling, image, sound. Whatever it might be, notice anything that occurs to you and go right in and start tapping on that. If a memory occurs to you, "Oh, but I remember when I was younger and I stood up to my mother and said I wasn't going to do the dishes and she got really angry at me and didn't speak to me," start tapping, start telling that story in the first person and tap all the way through the round while you're doing it. For example, it would be like this:

EB: What I remember when I was seven years old my mother wanted me to do the dishes.

SE: I didn't want to do them. I wanted to watch television.

UE: So I said to her, "No mom, I'm not doing the dishes."

UN: And she immediately withdrew her love. I could feel, "Ugh, I got the cold shoulder."

CH: I hate getting the cold shoulder. When people withdraw their attention or withdraw their love I feel so uncomfortable.

CB: Just like I did when my mother withdrew her attention and her love.

UA: She used to do that all the time. She just wouldn't speak to me, sometimes for hours.

TH: And sometimes even for a whole day she wouldn't speak to me at all, and I learned you never set boundaries.

You see?

Jessica: Yeah.

Cheryl: Going through and re-experiencing that memory in the first person and just choosing to move through the spots as you're re-experiencing that, and do it for as many rounds as you need to, you will start to deal with the source of the problem. Then you can go back to.

EB: I'm masterful at setting boundaries.

SE: I love setting limits that protect me.

UE: I'm really good at telling people no,

UN: And I do so graciously.

CH: I'm proud of the way I'm sensitive in how I communicate with others.

CB: I'm able to be firm and gracious.

UA: I'm really great at setting boundaries.

TH: Because being good at setting boundaries Allows me to be the best contributor for the people who matter in my life.

Again you can take a breath and notice anything that occurs to you.

Jessica: I love this. I think there's so many people that can get so much value out of just saying the word "no" out loud and tapping on the anxiety they feel, because often we feel like that's the word that we're not allowed to say.

Cheryl: Yes, that's very true. You can tap on that. For example, let's say you have to have a difficult conversation with someone where you have to set a boundary. You might have a client that you're working with who's always pushing your boundaries, like they're calling at night or they're calling on the weekends. You need to have an honest conversation where you say, "Hey Joe, listen. I really enjoy working with you. I'm committed to doing my best work and I need to set some new limits on how we're going to operate together. From now on we need to speak or communicate between 9 and 5 so that I can really honor my family time." If you think about doing that and you find yourself feeling like, "Oh, I just can't possibly do that," it would be great to do a round of tapping as you're practicing that conversation. Better yet, if you can find someone to role play with you can actually role play it and tap as you role play so you take the energetic charge out of some of the words, the situation itself.

Jessica: What I love about this is that when we finish doing the tapping and we're calm and we're centered, we find that the words tend to come more naturally and it's easier for us to find the right words to express what we want in a gentle manner that really works.

Cheryl: That's a very important point, Jessica, because what happens for most people is the anxiety they feel about having a straight conversation with somebody gets in the way of them communicating calmly and effectively, and we know that ahead of time. People will say to me, "I'm afraid I'm going to trip up on my words," or, "I'm afraid I'm going to say the wrong thing," or, "I'm afraid that I'm going to start crying or that I'm not going to be strong enough or that I'm not going to be able to communicate clearly." That's why anytime I'm working with somebody who has to have a difficult conversation there are a few things I do. First of all, we really look at the benefits of having that difficult conversation. What are you going to get in return? Then we do something, my sister Carrie who's a great coach calls it sandwich support. That is you make a decision you're going to speak to someone. As a coach I would speak to the person before and after they had the conversation. Before the conversation we would be role playing and I would absolutely use tapping to deal with any anxiety or conflict phobia or guilt that might come up. With role play the conversation until it felt very comfortable to the person, would use tapping during the role play. They'd have the conversation and then they'd speak with me afterwards, or you can speak to a support person afterwards, and their only job is to make you feel like a king or a queen for having had that conversation. It's also important to know that when we start to set boundaries, when we start to set limits, you've got to give yourself permission to not do it great in the beginning. There were plenty of times where I said no and I wasn't gracious about it. I wasn't mean about it because it's not my nature. For some people it is their nature to be kind of bitchy or crabby or mean about it. You've got to watch that too. But my tendency would have been to be more wishy-washy, like leaving the door open, like, "Gee Jessica, I'm really sorry. I can't do this interview. I really would like to. Maybe I can do it another time." I'm leaving so many damn doors open that you're getting a mixed message, which is another thing that we do.

That's why really creating a plan because here's the thing. This is really important. The straight conversation you have with one person about what you can or can't do may look like it's about that specific situation, but it's about something so much more. Every single time you're able to be upfront, honest, authentic, clear and able to set limits and boundaries with people you take your whole life up another notch. Every boundary you set, every way that you really protect your soul with good self-care just raises your standards automatically and suddenly other things that used to be scary to do are no longer scary. It's almost as though energetically we send out into the universe this message that we know we deserve better and you start getting it.

Jessica: It's so true. It is so true. Cheryl, we're learning now that saying now and boundaries is so important. We're learning how tapping can help us become more comfortable with it. I want to look at the other side. We're talking about self-care. When we finally start creating space for ourselves, this is really about creating space for our own life and our own needs. When we create that space so many of us have not taken time to do any self-care that we don't even know what that means or what that looks like. Someone's life when they're incorporating self-care, what exactly is that?

Cheryl: There's like three things I want to say. Do me a favor. Just make a note of the zone of in between, and that will remind me of one thing because I want to go right to a great little tapping exercise that answers this question beautifully. One of the ways that I use tapping is if I'm bothered by something. You know how sometimes you have those days where your mood is just off, you don't quite know what's going on. You know there's something lurking under the surface that's bothering you, but you just can't figure out what it is. You know what I'm talking about?

Jessica: Absolutely, yes.

Cheryl: One of the things I started doing. I would often go for a walk and I would tap. In the karate chop spot or sometimes in the collarbone spot, I would simply say, “Even though I feel a little off today.” Go ahead, you can do it with me.

Even though I feel a little off today, I’m now open to wisdom and insight.

Even though I feel like there’s something going on beneath the surface, That’s making me not feel so great, I’m now open to wisdom and insight.

Even though I don’t know what’s going on with me, And why I feel so unsettled, I now allow myself full access to wisdom and insight.

Now what is amazing about that, no you of course, you take a deep breath and you notice anything that occurs to you. But what I find is all you need to do from then on is just tap the spot you tapped as you’re going about your business, and suddenly things will just pop into your consciousness. Not just, “Oh gee, I’m really upset about a conversation I had with this person,” or, “I really want to be doing this thing over here this afternoon, but I’m doing something else and that’s kind of bugging me.” All of a sudden you gain on a deeper level access to the kind of insight that explains why you keep getting stuck in a particular area. It’s a fabulous little way to use tapping to gain access to wisdom and insight.

Jessica: I love that.

Cheryl: That’s the setup for this next piece is. Again, let’s say tapping the collarbone spot:

CB: Even though it’s been so long, That I’ve practiced good self-care, That I don’t even know what to do anymore, I’m now open to an idea of how to take better care of myself.

Even though I have no idea how to take better care of myself, I’m getting a great first step right now.

Even though I’m afraid I won’t know what to do when I have time in my life, I trust I’ll know exactly how to take better care of myself.

EB: I'm getting great ideas about how to take care of myself.

SE: The best idea is coming to me right now.

UE: I'm open to wisdom and insight.

UN: I know exactly how to take care of myself.

CH: I know the first step I need to take,

CB: And I'm taking it now.

UA: Tapping is such a great act of self-care,

TH: And it tells me exactly what I need to do with my extra time and space.

Then you can just be open to what occurs to you. Sometimes it's the weirdest things. People will say to me, "Oh my gosh, what occurred to me is I needed to go pay my bills." What they didn't realize was there was an underlying anxiety about even going to their bills to be paid folder. Or somebody will say, "I need to call an old friend of mine I haven't spoken to in a long time." Because underneath the stuff of life there's been this desire to connect authentically with someone they knew they could have that kind of connection with. Or somebody will say to me, "I need to go declutter my office. My desk has been taking my energy for weeks and it just occurred to me, I need to clear my desk." What's beautiful is the energy system will lead us to the places. It will lead us to wisdom and insight that helps us deal with the source of an issue in a way that really upgrades our life quickly and effectively.

Jessica: I just had this great aha moment as you were saying that. I was thinking that a great question that I can start asking myself, and we can all ask ourselves, is what is taking my energy. What is taking my energy? What is underlying? What is causing me this anxiety, and being able to look at it instead of being so busy with our lives that we keep pushing it aside.

Cheryl: There's a chapter in my first book called Take Time for Your Life. The chapter's called "What's draining you?" In there I talk about the whole concept of energy

drains and how one of the first things I would do with clients when I worked with them, and I outlined this in that book, is I would have them make a list of the top ten things that were draining their energy. They would originally make a list of the top ten. Then if they said, “My house looks like a bomb went off in it,” then we’d break that down. We’d look for the areas that were draining the most energy and tackle all those first. Of course, as they began to tackle all those areas what would happen naturally is suddenly people would gain all this energy and they’d be motivated and inspired to tackle other areas. So that is a really good question. I want to point out, when you said, “Oh, I just had an aha moment,” we did the tapping about gaining access to wisdom and insight just before that. I don’t want you to miss that that’s an example of what happens. You may think it’s that I said something that triggered that idea for you. But we opened your energy system up to have access to that aha moment, and that’s a really powerful way to use tapping. I know that I’m going to start cleaning that corner of my office that I’ve had these boxes piling up. It’s true, we begin to gain this clarity and realize that things are draining us that we haven’t even been aware of. And the act of addressing that can also be very pleasurable and relaxing because we’re letting these things go. I love how Louise Hay once said that when you do something create a metaphor. So when you clean out your closet say, “This is a metaphor of me cleaning out my mind or getting rid of what I no longer need in my life.”

Cheryl: About three weeks ago my husband Michael and I, we scheduled two friends with a pickup truck to come over. We were cleaning out the top of our garage, which still had stuff in it from when we had moved into the new house. My husband would say, “This is so you, Cheryl.” Before we started removing boxes of books that we were giving away and loading up trucks and everything, I stopped everybody in the garage and I said, “Okay, I just want you all to know that we are about to clear space energetically in our lives, and as a result something amazing is going to show up because we’ve made this space.” I’m naming that, that’s the intention. It’s also fact. I know it’s going to happen because I’ve been doing this a long time. So I said, “I’m naming this so that when it does happen I want this to serve as an example.” Sure enough two truckloads of stuff left the garage. One truck went to a thrift store, all kinds of household items and clothes and stuff like that. The other truck went to Habitat for Humanity because we had a lot of construction material and then a whole bunch of books.

Two-and-a-half weeks later Michael and I had this amazing gift come into our lives that was completely unexpected and allowed us to do something that we had wanted to do for quite some time, it was just an unexpected gift from someone. Creating that intention and that metaphor that we're not just creating space, we're not just making psychic space if you will by setting boundaries, we're creating an opportunity for new and better things to come into our life. That's what good self-care is, which reminds me of the zone of in between. When you said what happens when you suddenly start making this space and you don't quite know what to do, to me this is profound as well. A couple of things. First of all, a high quality life has a lot more to do with what you remove from your life than what you add to it. That's a really important statement. That's one of the all-time principles I've learned as a coach for 20 years. A high quality life, improving the quality of your life, has so much more to do with what you remove from your life than what you add to it. Please remember that. Secondly, if you live a work-centered life or an other-centered life where you spend so much of your time working or so much of your time taking care of other people, that becomes your life. You identify yourself with your work or you identify yourself as the helper or as the savior or as the teacher, or whatever. Your personal life becomes quite boring because you're getting all your needs met at work or you're getting all your needs met helping others, taking care of others. The personal life becomes boring, which is why so many people will attempt to pull back, create space in their lives, take better care of themselves and find themselves falling right back into old patterns. There's this zone of in between that occurs. When we start to practice good self-care we do free up our time. We free up our energy. We free up space, both in our physical environment and in our heads and in our hearts. When we free up that space the real trick is to be able to sit with that space instead of filling it up again. To stay in that zone of in between long enough to begin investing in your own self-care, because then as you do you start investing in a life outside of work or in a life outside of helping others and it begins to become rich and satisfying and meaningful and provocative. It calls to you. It naturally easily becomes more of a priority. Instead of you having to make time as if it's another chore, you naturally want more time and space in your life.

I so experience that in my life as I get older. I know the more space I have the more creative I'll be, the more new and innovative and imaginative I'll be, the more fulfilled and satisfied I'll be as a result. It all requires space. So there is that zone of in between that's going to feel uncomfortable. You're going to be tempted to fill it. You're going to hear voices in your head that say things while you're taking good care of yourself like, "Everybody else is getting ahead but me. I'm missing opportunities. People are going to forget about me," or, "People aren't going to like me anymore," or, "I'm not going to have any friends if I'm not taking care of people anymore." Just tap through those voices. Please tap through those voices so that you can sit with the space, because when you do that's when magic happens.

Jessica: I love how you put that, to say tap through those voices. So many people when they're doing tapping and they're starting on their own, they're worried whether they're doing it right and whether they're saying the right thing. What you're really letting us become aware of is that it's just about tapping while focusing on those voices that tend to come up when we're in that zone of in between.

Cheryl: That's right. Again, let's just go right to the karate chop spot as an example. You go to the karate chop spot:

SH: Even though I'm so afraid that everyone else is getting ahead but me, I fully embrace these feelings.

Even though I'm afraid I'll miss opportunities if I make more space in my life, I choose to make space anyway.

Even though I'm afraid people won't like me if I start saying no, And then they'll move away from me, I choose to move toward myself.

Even though I'm afraid that if I make more space in my life, I'll feel bored, lonely, sad or anxious, I choose to trust myself to handle these feelings elegantly.

EB: I'm so afraid of making more space.

SE: What if I have too much time on my hands?
UE: What if I feel bored?
UN: What if I lose ground?
CH: What if I lose momentum?
CB: What if I become perpetually lazy,
UA: And I never do anything again?
TH: And I fail, I just become a loser, And I don't succeed at anything?

EB: I'm so silly sometimes.
SE: I know that creating space is the key to success.
UE: I love having space in my life.
UN: I love having more time for myself.
CH: I'm smart enough to know that more time and space is the secret to my success.
CB: I give myself more time and space now.
UA: I'm so good at setting limits.
TH: I'm masterful at setting boundaries.

EB: Every time I say no people respect me more.
SE: When people respect me more I feel more loved,
UE: My relationships improve,
UN: My relationships mature.
CH: They become two-way streets.
CB: We give and take from each other, We give to each other, We receive from each other, And our relationships are so soulful.
TH: I love being somebody, Who I respect and admire, By setting great boundaries. That create more time and space in my life.

Take a breath.

Jessica: That was powerful.

Cheryl: I know, I felt that too.



Jessica: Wow, thank you.

Cheryl: I totally felt that too.

Jessica: Cheryl, I can only imagine the breakthroughs people are having with this call because I've had so many aha moments. When it comes to tomorrow, the day after we listen to the interview and we're brushing our teeth and we're thinking about the things that you've been telling us, how do we start our day and start to incorporate what you're teaching us? How do we begin to use this tapping or get better at saying no? Are there any practical tools that can help us?

Cheryl: Just get in the habit of walking around tapping the collarbone spot saying, "I'm masterful at setting my boundaries. I say no with grace and love. I'm masterful at saying no with grace and love. I love saying no. I love setting limits. I'm so good at taking care of myself." Use these affirmations and just combine them with tapping the collarbone spot. I know that that can be incredibly powerful. Even just, "I am masterful at setting boundaries," will set you up to begin doing that naturally.

Jessica: Yes, absolutely. I love what you said about creating the space. We're letting room for miracles. Thank you for all of these aha moments and giving us permission, allowing us, showing us how to create more space in our life to allow these miracles. I appreciate it so much.