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## **A Guided Tapping Meditation to Create Healthy Boundaries so You Can Feel More Comfortable Saying No**

Jessica Ortner: Welcome to this tapping meditation to help create healthy boundaries. If you don't learn how to say no, your body will say no for you. Creating a healthy relationship with boundaries is necessary for your health. It allows you to create space to take care of yourself, but it's even more than that. Pain can often flare up under the stress and resentment of saying yes to something that isn't congruent with what we really want. It's our body saying no when we won't. Feeling good is good medicine, resentment is toxic, yet many people think they only have two choices – feel guilty for saying no, or resentful for saying yes. And this comes from a belief that we are responsible for everyone else's happiness. With many of the clients I have worked with I often see that it's a pattern that they often pick up from their own mother. Remember what Dr. Kim shared – she said that when we see other people as small, like they are incapable of meeting their own needs, we hold them small and we hold ourselves small. By saying no, you are doing a service to yourself and to others.

This tapping meditation was designed to help you feel more comfortable saying no. Yes, at first it does take courage to say no, but like anything else, the more that you do it, the more graceful you become and the easier it becomes. So let's begin to say no so that we can say yes to what we truly want. Another quick reminder around how this works, we're going to begin to tap on the points while expressing how we feel about saying no. And as you give these feelings a voice and you stimulate the acupressure points, you're sending a calming signal to the brain, letting your brain know that even though you have these thoughts, these fears around saying no, that it is safe for you to relax. And when you can think of a stressful thought about creating boundaries in a relaxed state, that thought or fear doesn't have the same power over you and it becomes easier to let it go and have a more positive experience around saying no.

You can move on to the positive statements when hearing those statements feels comfortable, when the statement begins to feel true. And if you don't feel quite ready, you can pause the tapping meditation and continue tapping on your own. As we tap while focusing on these positive statements, we again are calming that fight or flight response in the brain and allowing these thoughts to feel congruent because they, too, create a calming response just like the tapping itself.



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So we're going to begin by simply thinking about saying no. Maybe you already have a situation in mind, something you know that you should say no to but it's stressing you out. You know you need to take something off your plate, but you just don't feel ready to say no. You're scared of the consequences, you're scared of feeling guilt. You might also feel scared of feeling resentment around saying yes. Just notice the emotions that come up when you think about this topic. What emotions specifically do you feel? Where do you feel it in your body? Notice that and make a note of how intense it feels on a scale from zero to ten.

We're going to begin together by taking three deep breaths. Inhale through your nose, and exhale through your mouth. Inhale through your nose, and exhale through your mouth. Last time, inhale, and calming exhale. Tapping on the karate chop point, repeat after me.

Side of Hand Even though saying no makes me feel guilty  
I accept myself and honor how I feel  
Even though saying yes makes me feel resentful  
I accept myself and how I feel  
Even though I am not sure what to do  
I accept myself and honor how I feel

Eyebrow I know I need to take time for myself  
Side of Eye But it feels impossible  
Under Eye So many people depend on me  
Under Nose And I don't want to let them down  
Under Mouth Part of me likes saying yes  
Collarbone It makes me feel needed  
Under arm Yet part of me doesn't feel valued  
Top of Head I just don't know what to do

EB Saying yes to someone else's demands  
SE Without valuing my own time  
UE Has left me resentful  
UN And this way of living has left me exhausting  
UM Life feels so small and limited  
CB But I don't know how to say no  
UA So my body is saying no for me  
TH I begin to see this pattern in my life

EB If I don't create boundaries  
 SE My body creates those boundaries  
 UE This pain has given me a reason to say no  
 UN My body is just trying to help  
 UM I honor how hard it's been  
 CB And I'm open to making it easier  
 UA I know my body and my needs  
 TH I begin to stand up for what's best for me

EB And sometimes that still feels hard  
 SE And that's okay  
 UE I honor the struggle  
 UN I can be easy on myself  
 UM What if saying no is easier than I thought  
 CB But what if saying no creates a conflict?  
 UA I acknowledge how hard this has been  
 TH Because I want to make everyone happy

EB But only a child's beliefs  
 SE They have the power to make everyone happy  
 UE The truth is everyone decides how they feel  
 UN And it's time for me to value how I feel  
 This pattern I learned as a child  
 UM This belief that I am responsible for everyone's happiness  
 CB Who did I pick this up from?  
 UA Or choose to break the chain  
 TH This is my life and I have the power to choose what's best for me

EB I break this chain by remembering  
 SE That what I think matters  
 UE I break this chain by remembering  
 UN That I have a voice  
 UM I break this chain by remembering  
 CB That it's safe to stand in my power  
 UA I break this chain by remembering  
 TH Putting myself first is for the greater good of others and myself

EB I release this belief that my value comes from my suffering



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SE	I was born deserving
UE	I deserve to be able to say yes or no
UN	I say yes to what makes me feel good
UM	And as I choose to put myself first I empower others to do the same
CB	I can be supportive of those around me
UA	Without taking on their stress as my own
TH	I now say no to others so that I can finally say yes to myself

Take a deep breath in and as you exhale, notice how your body feels. Notice that old emotion that you measured at the beginning of the tapping meditation, how has it shifted? The music will continue to play and you can continue to tap, or simply take this time for yourself to integrate your experience. You may feel inspired to begin to journal. What are you ready to say no to? What are you ready to say yes to? Take note of any ideas that come to mind. This time is for you.