

## **How to Quiet the Critical Voice: A Guided Tapping Meditation**

This is Jessica Ortner and today's tapping meditation was created to help you quiet your critical voice. You know the voice I'm talking about, it's the one that says, "You're not good enough", "You never finish anything", "It's not worth trying". Let's quiet that voice once and for all.

Another reminder that it's always ideal to tap while using your own specific words but this can be a really powerful guide.

We're going to begin by giving a voice to that critical voice and then we'll move on to the positive.

So if you'd like you can think about your critical voice. What does that voice say to you? And you can measure how true that critical voice feels on a scale of 1 -10. 10 being completely true, 1 it's a very, very quiet voice that you don't pay much attention to.

So notice your relationship with your critical voice and we're going to begin by taking three deep breaths to feel calm and centered.

Inhale through the nose and exhale through the mouth.

Inhale and exhale

Inhale and exhale

Begin tapping on your karate chop point and repeat after me.

Even though I hear this critical voice in my head I deeply and completely love and accept myself.

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EB: This critical voice

SE: Every time I feel hopeful

UE: This voice creeps in

UN: And it weighs me down

CH: It says things like, "Don't get your hopes up"

CB: Good things don't happen to people like you

UA: It's too good to be true

TH: There is so much going wrong

EB: Part of me wants to quiet this voice

SE: Part of me wants to listen to it

UE: This critical voice keeps me productive

UN: This critical voice keeps me pushing for more

CH: This critical voice keeps me safe from disappointment

CB: Is this really true?

UA: All these old beliefs that I picked up in my past

TH: Are these beliefs even mine?

EB: It's impossible to thrive under such criticism

SE: It's hard to grow when I allow this voice to weigh me down

UE: I thought I needed to listen to this voice

UN: I thought it was the responsible thing to do

CH: But this voice doesn't serve me or others

CB: This voice is simply my fears

UA: And it's safe to acknowledge my fears

TH: And to let them go

EB: I am ready to quiet this critical voice

SE: Maybe I don't need to fear this voice

UE: I make peace with my critical voice

UN: I accept my critical voice

CH: It's simply an old quiet voice

CB: That comes from old beliefs and fears

UA: I am in control now

TH: And I choose to live in my truth

EB: And choose to listen to my compassionate voice

SE: I promise to be a better friend to myself

UE: And when I hear this old critical voice

UN: I simply smile and shine a light on it

CH: I become aware of my critical voice and I let it go

CB: I am in control of my inner voice

UA: And I choose to remind myself daily

TH: That I am enough

EB: I remind myself that it's safe to try

SE: That it's safe to make a mistake

UE: That it's safe to succeed

UN: Because no matter what happens

CH: I choose to be a good friend to myself

CB: This criticism has only held me back

UA: I now choose to nurture my spirit with kindness and optimism

TH: All is well

Take a deep breath in and as you exhale place both hands over your heart. And from this place give yourself a little message. What do you need to say, do, or remember to help you listen to your true inner voice and guidance? What do you need to do to be a better friend to yourself?

And when you're ready open your eyes and simply notice how you feel. Notice how your body feels. And if you like you can try to bring up that critical voice. Does it the same, does it sound silly, is it loud or is it quite? Simply take note of any changes you feel and if it feels right to you continue tapping.

Again, this is Jessica Ortner, and from everyone here at the Tapping World Summit, we wish you the very, very best.