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## **EFT Tapping Mini Series – Empower Your Voice**

Hi, this is Kate Hartley from [www.flourishtherapy.co.uk](http://www.flourishtherapy.co.uk). In this tapping meditation, we're going to release subconscious blocks which prevent us from using our authentic voice when we communicate with ourselves as well as with others: your spouse, partner, children, parents, boss, colleagues or your neighbour.

If you're just learning about tapping and how it can benefit your life, take a look at my [Tapping Introduction article](#) first before starting on this meditation.

Healthy communication forms the bedrock of healthy and functional relationships, yet without it, we risk silencing ourselves and making do with a life that isn't truly what we want. Healthy communication is part of the process of everyday life. It defines our values, maintains our boundaries and can lift our spirits just as easily as break us apart.

### **Our self-talk can mean the difference between failure and success**

How we talk to ourselves can mean the difference between failure or success. When we try and achieve a goal, but the outcome isn't what we expected, how we speak to ourselves will largely determine whether we see it as failure or a learning experience.

How do you speak to yourself when something doesn't work out? Do you tell yourself you were stupid to even try in the first place, because deep down you knew you had no chance of success? Do you feel less able than others? Do you feel ashamed? Do you feel inadequate?

Or do you say to yourself that although the process you used this time round didn't work, you know that by changing a variable or two, you increase your chance of achieving your goal next time? Do you silence the doubters by telling yourself you know you can do it? Do you tell yourself that when people



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criticize you, it says more about them than it does about you, and perhaps they might even be jealous of your efforts?

### **Do you deny your own voice?**

When we start to analyse how we speak to ourselves – and others – it becomes apparent that oftentimes we're not using our unique voice. It's often easier to just go along with things instead of risking upsetting someone. We often deny our own needs to maintain the peace. Is this you?

When we value our voice, we empower ourselves. We maintain healthy boundaries and live our lives in alignment with our values system. When you value your own voice, you help to maintain your integrity and sense of self.

### **Empowering your voice**

Your voice has value and today we will empower that voice. I see many clients whose relationship problems stem from their fear of opening up to their partners and expressing their vulnerabilities. Without honest, open and vulnerable communication, you deny yourself from experiencing total connection with your loved ones.

Honest communication around intimacy between loving partners is often an area in which we struggle. We may deny our own needs to satisfy our partner, but how does this leave you feeling? Short-term it might be ok, but imagine how your partner would feel if they knew they weren't pleasuring you in the way they think they are?

Imagine how much more satisfying, both emotionally and physically your intimate relationship could become if you were able to be open and vulnerable with your partner?



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## **Why we don't value our voice**

There are lots of different reasons why we might not value our own voice or be afraid of using it. Often these reasons were formed in childhood and you may not even remember the particular event or moment when the belief was formed. You may have been laughed at, ignored, put down by someone you respected or looked up to. You may have experienced abuse or trauma which necessitated you to quiet your own voice to survive that period of your life. Your trust in someone important to you may have been broken and you feel unable to be vulnerable in front of others in case your trust is broken again.

## **How to know your voice is right**

Sometimes we just don't know if our internal voice is right. You might think that your internal voice is telling you the right thing, yet your friends or family may think differently, so how do you know which voice to listen to? I believe that deep down, we have a knowingness. Whether you want to call it intuition, gut feeling or just a hunch, when you give yourself time to connect with that deep, inner feeling, it will tell you what you need to hear. Remember that what is right for you, may not be right for the majority of other people. But that is one of the reasons why you are wonderfully unique. Just because your voice might be a minority voice by no way means it has any less value.

## **We can choose to create happy stories**

As humans, we have the capacity to make up all kinds of stories about what our previous experiences mean to us: I'm stupid, I'm not worthy, I knew I'd mess it up, I knew I'd be the laughing stock. There are lots of stories. But we can also choose what we want those memories to represent to us. When we recognise our internal self-talk, we can start moving in the direction that is going to help us.



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## **Tapping to empower your voice**

So, today we're going to tap on those internal blocks and allow your voice to represent the true you. Be as specific as you can be for each round of tapping you do. That means, use the language which suits you best and really focus on the emotions surrounding the memory you are tapping on.

It might be that you need to tap several rounds if a memory has several facets to it. The more honed in you can be, the better. If, like many people, you have a mix of negative memories and emotions, take each one in turn and tap on them individually.

### **Focus on a particular relationship where your voice needs to be heard**

So to begin with, start to focus on one relationship in particular where you want to improve your communication. Take three long, slow, deep breaths and visualise yourself openly communicating with that person. See yourself being vulnerable, honest and calm.

How does that feel? What emotions come up for you when you visualise open communication with this person? How awkward or unsafe does it make you feel? Even though you can't anticipate how that person will react to your honest communication, focus on how YOU feel. You own your feelings, he or she owns theirs and they are not your responsibility.

### **Explore the tension**

Do you feel tension in a particular part of your body? Are you wringing your hands while you imagine this communication? Are you twisting your feet or toes? Can you feel tension in your neck or around your eyes? Just spend some moments focussing on your physical and emotional sensations when you visualise your open communication with this person.



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On a scale of 0 – 10, when zero means no negative response and 10 means the worst amount of tension or fear that you could imagine, note down or remember what number comes up for you.

Once you're feeling well connected to the emotion, take a deep breath in through your nose, hold it a few seconds, then release it slowly through your mouth. Repeat the deep breathing another two times. As you're doing your deep breathing, focus on feeling grounded within your body. I'll leave some time at the end of each of my comments in case you want to either repeat the same or add your own words which might resonate with you better.

### **Set-up phrase**

And start by tapping the karate chop point on the side of your hand.

SH: Even though I am afraid to express myself, I love and accept myself.

SH: Even though I feel really uncomfortable by opening up so honestly, and part of me feels like I need to give in, I deeply love and honour myself.

SH: Even though I have been struggling with this for a long time, part of me is being disempowered, because I have been giving up my own needs, I accept myself fully.

### **First round of EFT tapping**

Eyebrow: This fear of their reaction.

Side of eye: I feel unsure of how to say what I need to say.

Under eye: I don't want to hurt them.

Under nose: But I'm hurting myself by not communicating openly.

Under mouth: I avoid difficult situations by silencing my own needs.

Collarbone: I'm not honouring myself.



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Under arm: My opinion doesn't count.

Top of head: I find it hard to talk openly unlike everyone else.

### **Second round of EFT tapping**

EB: My lack of ability frustrates me.

SE: I'm afraid of being rejected.

UE: My voice isn't that important.

UN: I'm afraid of being hurt.

UM: I focus on what might go wrong.

CB: My lack of open communication is keeping me trapped.

UA: I disappoint myself.

TH: My lack of speaking openly is limiting my happiness.

### **Third round of EFT tapping**

EB: I'm afraid I can't be more open and honest with this person.

SE: I worry that I'll make myself look stupid.

UE: I'm afraid I'll get hurt.

UN: I'm scared that I'll be laughed at.

UM: I'm afraid to trust my true feelings with this person.

CB: I just don't know where to start.

UA: What if I hurt that person by being open?

TH: I'm afraid of not being accepted.



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## **Checking in**

So, take a deep breath in through the nose and out of the mouth and let it go. Check in with the original negative emotion and see how it's feeling now.

If the value went up, brought up new memories or stayed the same, continue tapping on the negative emotions associated with the memory and remember to use as many of your senses as possible that relate to the negative memory. Experience the memory in as much detail as you can while you go through your rounds of negative tapping.

Has the value gone down? Have you managed to get it below a value of 5? If you have, you're ready to do three positive rounds of tapping.

## **Tapping sequence – positive statements**

### **Set-up phrase**

Tapping the side of the hand:

SH: Even though I realise I've been ignoring my own valuable voice, I love and accept myself now.

Two more times, still tapping on the side of the hand:

SH: Even though I tried to keep others happy at my own expense, I know I am worth more than that.

SH: Even though I didn't know how deep this ran, I value my voice, because it represents what is important to me and I love myself.

### **First round of EFT tapping**

Now we start tapping through the points.

EB: I know that if I don't start to open up, things will never change.



SE: I am confident that people who respect me will want me to be open with them.

UE: I choose to look at communicating openly with optimism.

UN: I am discovering my valuable voice.

UM: I open my life to new opportunities.

CB: I choose to break free of my internal blocks now.

UA: I know I can speak openly.

TH: Because my voice is as important as everyone else's.

### **Second round of EFT tapping**

EB: I value this relationship.

SE: And I want it to improve.

UE: And that means that I need to open up.

UN: And communicate my own needs with love and compassion.

UM: Because I value myself and my voice represents me.

CB: I am feeling more secure now.

UA: I am feeling more confident now.

TH: I am open to new opportunities and challenges.

### **Third round of EFT tapping**

EB: I acknowledge that sometimes I may need to take risks.

SE: And it might not always feel safe to open up.

UE: And that's ok.





UN: Because my voice is my own responsibility.

UM: And if someone doesn't like what I say, that is their problem to work with.

CB: It's about time I allowed myself to shine, for me.

UA: If I deny my own voice, I disempower myself.

TH: I am confident to own my emotions and to hear my own voice.

### **Checking in**

Take a deep breath in through your nose, hold it for a few seconds and out through your mouth. How are you feeling now? It may take a little while to notice the differences, but you will feel the changes occurring as you start now to have a growing awareness about the availability of your resourcefulness.

See yourself owning your voice, feeling safe, being present in the moment as you speak your truth and doing it with love and compassion. See yourself saying what you need to say and focus on how good it feels in your body as you release the weight of your unsaid words. Regardless of how your words are received, remember that you are speaking your truth and you feel safe in your body by doing so.

You're making room for new possibilities which will help you feel the way into giving expression to your own voice. And by honouring your own voice, you give those around you the opportunity to understand you better and to enhance your life as well as theirs.

So, I'm going to let the music play on for another 5 minutes or so. If you want to do some more tapping, stay relaxed and go with what feels right for you. Don't worry about using the right words and if you miss a tapping point, just keep going. Enjoy this time now, it's your time. You may just want to sit quietly and focus on your mind and body. Remember this is your time, so make the most of it.

Until next time, this is Kate Hartley from <http://www.flourishtherapy.co.uk>