



Releasing the Fear of Public Speaking

TAPPING MEDITATION

AUDIO TRANSCRIPT





Releasing the Fear of Public Speaking: Tapping Meditation

NICK ORTNER

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you're new to tapping, visit our website to learn the basics of the process. This tapping meditation is for releasing stage fright or the fear of public speaking. According to the National Institute of Mental Health, 75% of Americans feel anxiety around public speaking. That is a lot of people and it is a fear that spans the globe. In fact, fear of public speaking is the number one phobia so know that you are definitely not alone.

Nearly everyone, including people like me who have been speaking on stage for years, experiences at least some stage fright at some point. It is normal but none of us enjoy feeling that fear or anxiety. It can also interfere with performance, which is why in this tapping meditation you will be releasing those emotions so that you can get up there, be yourself, shine your brightest, and enjoy the experience.

Remember, today's meditation is meant to serve as a guide to get you tapping on this topic and give you some general language and ideas on how to tap. As always, if the language doesn't apply to you, you can change your needs. As you tap, notice any ideas, thoughts, impressions, emotions, or specific memories that you can tap on, either during this meditation or on your own. The more specific you can be with your particular experience and what you're feeling exactly, what happened, what you believe, the better your results are going to be.

Let's start by focusing on what you're currently feeling. We will spend a few minutes doing negative or truth tapping, not to anchor it in but rather to acknowledge it and let it go. Feeling safe to acknowledge how we feel and to speak the truth about our current experience is one of the most powerful things you can do.

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To begin, take a deep breath and envision yourself onstage speaking to a group. Run that movie in your mind, see yourself on stage, and let yourself really feel your anxiety and fear about public speaking. See yourself there and on a scale of zero to ten how anxious and afraid do you feel? Write that number down, seeing that movie. Let's start by taking three deep breaths in and feeling safe and grounded in your body. Feeling present in space and time. We will start by tapping three times on the karate chop point.

Side of Hand Even though I have all this anxiety about public speaking
It makes me so incredibly nervous
I deeply and completely love and accept myself
Even though I am so afraid of speaking on stage
I really don't like all those eyes on me
I love myself and accept how I feel
Even though I am nervous and anxious about public speaking
And I deeply and completely love and accept myself

Eyebrow I am so anxious about speaking on stage
Side of Eye It makes me so nervous
Under Eye All this anxiety
Under Nose All those eyes on me
Under Mouth It is too much pressure
Collarbone What if I fail?
Under Arm What if I forget everything I am supposed to say?
Top of Head I don't think I can do this

See yourself on stage and feel those feelings.

EB All this anxiety
SE I am so afraid of being on stage
UE I can feel it in my gut
UN It is just too much pressure
UM I am so anxious about this
CB I am not good at public speaking
UA I get so nervous
TH All those eyes on me, it is just too much.

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EB So much anxiety and fear around public speaking
SE What if I forget what I'm supposed to say?
UE What if I am really bad at it?
UN So nervous
UM Maybe that is okay
CB Lots of people are afraid of public speaking
UA It's okay that I'm afraid of it too
TH Maybe I am just putting too much pressure on myself

EB Maybe I don't have to be perfect to be a good speaker
SE Maybe I can let go of this fear and anxiety and let myself relax
UE Releasing this fear and anxiety now

See yourself on stage. Feel the feelings and make it real.

UM I don't have to be perfect to be a great speaker
CB I can relax and be myself
UA Releasing this fear and anxiety now
TH Letting myself relax and knowing that everything will be okay

See yourself on stage or speaking in front of a small group or speaking on the phone. Whatever your fear is, see it happening now.

EB I don't need to put so much pressure on myself
SE I can trust that everything will be okay
UE It is safe to let go of this fear and anxiety around public speaking
UN Releasing it now
UM I can let myself relax
CB Who knows, maybe I can even learn to enjoy it
UA I don't need to put all this pressure on myself
TH I can trust that everything will be okay

See yourself on stage, releasing all that fear and anxiety, releasing any past memories of when you struggled, any moments, experiences, or moments in time when things didn't go the way you wanted them to. Tapping through the points, letting those memories go.

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EB	I can do this
SE	I can relax and be myself on stage
UE	I can let go of all this pressure to be perfect
UN	Allowing myself to relax now
UM	I can just focus on what I am going to say and who I am going to be
CB	Feeling safe in my body
UA	It is safe to be on stage
TH	It is safe to shine at my brightest

Keep tapping through the points. See yourself on stage and speaking to that group and to that group see yourself picking up the phone, speaking in public, shining bright. Feeling safe in your body and feeling confident and giving your gift. You are in front of these people because you have a gift to give. You have a message, to inspire, to make people laugh, and to touch their hearts.

See yourself shining at your brightest and having fun. What if this could be fun? It's time, time to stand up and shine bright, change the world. Feeling safe in your body, feeling strong, powerful, and confident. See yourself doing what you need to do, shining bright, and releasing all feelings of perfectionism. You don't have to be perfect, you just have to be yourself. See the audience, the people around you, your listeners smiling and nodding their heads, focused intently on all that you have to share, this beautiful relationship and this dialogue. Feel how great that feels in your body, relaxed, calm, and confident. This is the essence of you. All that fear and anxiety, it is time to let it go. The world needs you.

When you're ready, take a long, deep, slow breath and check back in with your anxiety and fear of public speaking. On a scale of zero to ten, where is your anxiety and fear now? What else came up during that process? What other emotions, memories, and ideas? Write down anything else that came up and either continue tapping on it now or commit to addressing it in the future.

I am going to keep the music going for another minute or two and you can either sit quietly, envisioning yourself, speaking on stage, sharing your

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message with your audience, or tap on anything else that came up, anything that is left to release. I look forward to seeing you shine brightly, sharing your message with the world.

Until next time, this is Nick Ortner from TheTappingSolution.com. Take care and keep tapping.