

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you are new to tapping, visit our website to learn the basics of the process. This tapping meditation is on releasing resentment. At some point we all experience feelings of resentment, whether at a significant other, family member, friend, boss, or someone else. You may resent someone you feel has taken advantage of you, brushed you aside, failed to express appreciation for you. Or maybe you resent someone who asked you to get more than you wanted without giving much back in return. There are lots of reasons for feeling resentful and at the core of those issues is an absence of healthy boundaries. When we are able to say no and create boundaries that support our well-being, we can more successfully avoid the situations that cause us to feel resentful. With healthy boundaries in place our relationships are also healthier. In this tapping meditation we are going to begin by releasing resentment and then use tapping to support you in setting healthier boundaries that prevent you from feeling resentful in the future.

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 it to fit 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, what you are feeling exactly, what happened, what you believe, the better your results are going to be. So 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 to feel 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.

To begin, focus on the person or situation you are feeling resentful about. Really think about how unfair or unbalanced that relationship or situation is. Let yourself feel the full force of your resentment and any other emotions that you may feel when you think about it. On a scale of zero to ten, how resentful do you feel? Write that number down and let's start by taking three deep breaths. Feeling safe and grounded in your body. We will start by tapping three times on the karate chop point.

Side of Hand Even though I am feeling so resentful about this person or situation

I love myself and accept how I feel
Even though I am so full of resentment I can hardly see straight
I love myself and accept how I feel
Even though I am feeling all this resentment about this right now
I deeply and completely love and accept myself

Tapping through the points.

Eyebrow	I am so resentful right now
Side of Eye	This just isn't right
Under Eye	I am being taken advantage of
Under Nose	It is just so wrong
Under Mouth	And I am so resentful about it
Collarbone	So resentful right now
Under arm	So angry and hurt
Top of Head	Feeling so resentful right now

EB	I can't contain all of this resentment any longer
SE	It just keeps swelling up inside me
UE	All this resentment
UN	I am so sick of being taken advantage of
UM	I am so sick of being taken for granted
CB	All this resentment
UA	I just can't contain it anymore
TH	Maybe I don't have to

EB	Maybe I can let myself feel it
SE	Letting myself feel this resentment now
UE	It is safe to feel this resentment
UN	And it is safe to release it
UM	This resentment is not helping me
CB	It is keeping me stuck and making me feel more and more resentful
UA	And I don't want to be stuck anymore
TH	It is safe to let this resentment go now

EB	I can let go of this resentment
SE	Moving forward I can express how I feel
UE	I can say no when I don't want to do something
UN	I can say no when I don't want to give more

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UM I can speak up when something doesn't feel right
CB It is safe to let go of this resentment now
UA I can focus on setting healthier boundaries
TH And allow myself to pause and reflect when I notice myself giving more than I am comfortable giving

EB It is safe to let go of this resentment
SE It is safe to say no when something doesn't feel right
UE I can say no and still be loved
UN I can say no and still be respected
UM I can say no and learn to love myself even more
CB I don't always have to say yes
UA I can say no or even not now when something doesn't feel right
TH It is safe to let go of this resentment now

EB I can speak up for myself when I need to
SE I can express how I feel
UE I can say now when that feels right
UN Releasing this resentment from every cell in my body
UM Letting it all go now
CB Going forward, I can say no when I need to
UA I can relax and tune into my emotions so I can set healthier boundaries
TH Letting it all go now

Go ahead and take a deep breath and notice how resentful you are feeling now when you think about the person or situation that was making you resentful. Give your resentment a number of intensity on a scale of zero to ten. Look for any shift. If it was an 8 before and now it's a 7, it is moving in the right direction. Notice any shift. 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 if you are still feeling a lot of resentment you can still visualize yourself talking to the person you are feeling resentful of and tapping through the points and saying the things that you want to say to that person out loud. Just see yourself in that situation, speaking your truth and tapping through the points. It is a powerful way to release resentment as well as anger and other emotions that you may have gotten stuck in your body and mind. Keep tapping through the points, visualize what happened, and visualize what you want to say. Speak freely, even if it is something you never say in

person. It is safe to say it now. Let go of that resentment and allow your body, mind, and spirit to heal.

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