



Jessica: Being a teenage girl can be hard. Being a parent or a guardian of a teenage girl can be just as hard. Today you'll learn how to support that teenager in your life. And to show us how I have the privilege to speak to Christine Wheeler from ChristineWheeler.com. Chris has been an EFT tapping practitioner since 2002. She is the new Hay House author of *The Tapping Solution for Teenage Girls, How to Stop Freaking Out and Keep Being Awesome*. This will be available in May 2016 so I'm so excited she's with us to give us a preview. Chris, welcome.

Christine Wheeler: Thank you, Jess. I'm so happy to be here.

Jessica: I'm so happy that you're with us. I have read this book and it's fantastic. It is for teenage girls so it's such an easy gift that a mother or guardian or just anyone can give to a teenage girl. I know in our time together we're going to be focusing on the parent or the guardian, the adult. How do we, raising a teenage girl, help this individual to really thrive and also to learn how their behavior can not drive us crazy.

Christine: Exactly.

Jessica: Because I know I drove my mother crazy. It's too bad I couldn't have given this audio to her earlier, when I was a teenager. But I want to ask you, because this is seen as a very difficult topic, teenage girls. Is this something that you're passionate about and why have you focused so much on this topic? Why is this something that you're passionate about and why have you focused so much on this topic?

Christine: I am so passionate about it, thanks Jess. It's so interesting because over the years of my private practice working with adult women, more and more often they would ask me how to help them make their daughters do tapping. So I came up with some tapping scripts that I would send home with them to deal with their daughters and the moms and it was usually moms and sometimes dads as well. And they would say, 'She won't tap with me,' so we sort of backed up from that. And I wrote things specifically for the daughters to tap themselves and what I discovered, if the girls ever came to see me, was first of all how deeply and anxiously they felt about whatever they were feeling and that they really didn't know how to help themselves feel better. And when we tapped their relief was almost instant. And that's what prompted me to move forward with developing what is now this book, to put the tool into girls' hands so they can go off privately and do the tapping themselves so it can be almost instant for them.

Jessica: Right, so here today we're going to learn how to support those teenage girls in our life. So unfortunately we don't have your book yet, but hopefully people get it very soon, this May. So when someone wants to help a teenage girl, what's one of the common mistakes that people make in the process.

Christine: There are a few things I want to share. The first is that I think, due to not fault of their own, parents may not acknowledge their girl's pain. So whatever she is feeling, she is actively feeling it. She's in there. She's feeling like it is the end of the world and so one of the first thing that happens is that parents want to intervene and help. That's what parents do. They want to make them or help them feel better. And then when it comes to tapping, one of the mistakes or pushing or prescribing the tapping, so trying to make their daughter or their loved one tap because they want them to feel better, but it just kind of misses the mark. The third thing, which is super interesting is having worked with so many mother and daughter family members, the moms are often reacting to their own past pain when their daughter is hurting. So, for example, when little Jane has her first heartbreak, mama bear can actually have her own first heartbreak triggered. So she doesn't really know what to do to help her daughter feel better.

Jessica: Right, that makes sense. So we're going to go much deeper into that but I want to go back to this idea of not prescribing tapping so you're saying that we have a teenager struggling so we say, 'Well, why don't you tap?' and just saying it like that makes them tend to want to avoid it. So if we're not prescribing it, what else can we do? What hope do we have to get them to tap?

Christine: I think there's a few things, and it really starts with backing up, away from wanting as an adult to have a certain outcome. So to let go of your own needs or expectations about her tapping, about her feeling better, or about defending the awesomeness of tapping and how great it works. So one of the first things is to kind of step back and I would actually start tapping as an adult on myself. So if she's upset, an awesome thing to do is start tapping on yourself. Maybe she'll follow, maybe she won't. Your tapping might actually help her calm down a little bit and so that's one of the first things you can do if you're in that sort of a situation.

Jessica: Right. We often hear this, and every interview I've ever done about parenting and tapping, every practitioner starts with do the tapping yourself and yet it's very easy to avoid that step one when we're so desperate to help our child. And I think

a lot of people think, well, is it really going to make that much of a difference if I'm tapping on myself? So that's really my main question, does it make that much of a difference? And can you share a story of someone tapping on themselves and how it impacted the relationship with her daughter?

Christine: Oh yes, and I'm so excited about this story because it's so dramatic. And what I want people to hear is that it is dramatic, but in my experience it's quite common. So I worked with a woman as a client who was working with me on various issues that she wanted to release and one day she came in and she had just had a blowup with her teenage daughter. I think she was 15 or 16 at the time. And it turns out as we were talking that these outbursts were quite frequent, but what would happen is that her daughter would get really mean and she would say a couple of nasty things and then the argument just went bananas from there.

So fortunately she came to my office just within the hour of that blowup happening. And what we discovered from just doing a little bit of tapping was that her daughter was reminding her, so her daughter at 16 was reminding the mom of the mom's bully when she was 16. So at 16 years old she had a bully who was being nasty and mean to her but what was happening was that she saw the look on her daughter's face when she was saying these nasty words and that reminded her brain of the nasty girl from 25 years ago.

Jessica: Right.

Christine: So we did some wonderful tapping and a simple one is, 'Even though my daughter is reminding me of my teenage bully, I love and accept myself.' And we spent probably the best part of half an hour tapping on her own teenage pain about having been bullied. She felt calmer when I had her imagine her daughter. All she saw in her imagination was her daughter's beautiful face. She felt softer towards her daughter, just sitting in my office. And I asked her to update me and she went home and emailed me almost immediately. And she said she walked in the door and this just still blows my mind, but she walked in the door and her daughter apologized for the things she had said. And she said, 'I was being kind of a bully to you, wasn't I mom?'

Jessica: Wow.

Christine: And that's why I encourage moms to tap on themselves first and it may not be about your daughter. It may be about someone or something else that is just getting triggered by something that your daughter is doing or saying.

Jessica: Right, and let's break this down a little bit so here we are being triggered by a daughter and we're now not responding like an adult mother, we're responding as a child who's being bullied. So the way we speak to our daughter, the way that we react, the decisions we make, aren't from an empowered place of a mother, it is from a child who feels like a victim.

Christine: Exactly, Jess. And it's almost – well, it isn't almost as if, in my experience, and the way I describe it to the, it's as if they're having 16-year-old them carry on this argument with their 16-year-old daughter. So they have opted out of Mom Mode and that's not their fault and it's not a judgment, that's what happens to our brains in these sorts of situations.

Jessica: Yeah, that makes a lot of sense. So with all the mothers that you have worked with, have you found some common themes that are helpful to tap on?

Christine: Oddly enough, this is one of them. I don't know what to call it, whether it's the transposing of personalities, but one of the common themes unfortunately is if there has been a divorce in the family that if the daughter or son reminds the parent of the ex-spouse that can play an unfortunate part. So if a father is telling his teenage daughter, 'Oh, you're so much like you're mother,' then he actually needs to do some tapping on changing that frequency, changing the energy of their interaction so that he is not getting ex-wife triggers.

Jessica: That makes a lot of sense. So it seems to me that just even noticing the language of how we first react to a teenage daughter gives us insights on what to tap on.

Christine: Very good.

Jessica: So I'd love to do some tapping and I think focusing on this idea of the current situation with a teenage daughter, and again, I'm using the word – I'm referencing teenage daughter, but this could be any teenage that you're close with. This idea that it's triggering something from the past. Now, before we go into the tapping itself, do you have any advice on how we can gain clarity around it if it is triggering us, something from the past? I know a lot of times we just get upset and

we act like that victim but we're not sure where it's coming from. So are there questions to gain clarity as to what exactly is this triggering?

Christine: I would suggest taking time separate from having any interaction of consequence with your daughter, not at the time you're having an argument but just to reflect on who she reminds you of. So that's a very good question to ask yourself. Who does my daughter remind me of? Another good question is how do I feel when I'm around her? Another one would be when she says this to me, I feel – and fill in the blank. When she says that nasty thing to me or when she rolls her eyes I feel this. And so then the eye rolling can remind you of your own mother rolling her eyes at you when you were a teenage. So it's asking yourself questions to evoke a response from your own past. So when this happens now, what from my past does this remind me of?

Jessica: Great question. So let's do some tapping. Now, you gave some great examples before so I just want to say that you see a daughter going through a heartbreak, it triggers your heartbreak. This great story with a bully. So why don't we focus on the story with the bully. So if you feel like your daughter reminds you of being bullied in the past, how do you go about tapping on that? And also, if someone does not specifically relate to that story, can tapping along with us serve them?

Christine: Absolutely. We're using the examples in these setup phrases and reminder phrases of specific words about bullying. You may, even as we're setting this up, make a couple notes to yourself if there is someone from your past that was a bully. But it can also just be the energy of being bullied or victimized or treated poorly. So bully is a strong word, anything along that continuum of words you can add for yourself.

Jessica: Okay, that makes sense.

Christine: So we have a few setup phrases, but why don't I do a setup phrase and then reminded phrases for each setup, does that sound okay?

Jessica: That sounds great.

Christine: Okay.

Jessica: So I will tap along with you and I hope that everybody that's listening is also tapping. That's how you are going to get the most out of our time together.

Christine: Perfect. So we'll start on our karate chop, and take a deep breath. And just repeat after me.

Side of Hand Even though my daughter is reminding me of my own teenage bully
I love and accept myself
Even though my daughter is reminding me of my teenage bully
And that's kind of shocking
I love and accept myself anyway
Even though she's reminding me of someone awful
I'd rather remember my wonderful daughter

Eyebrow My daughter is reminding me of that mean girl.
Side of Eye I can't believe my daughter is a mean girl
Under Eye I love and accept my daughter
Under Nose That happened a long time ago
Under Mouth And my daughter had nothing to do with that
Collarbone But my brain is reminding me of my teenage bully
Under arm I love my brain
Top of Head But I'd rather focus with love on my daughter

Now, take a deep breath. And just suggest that people check in with how they're feeling and just make a note for yourself if there's anything that pops into your mind. And that's something you could tap on another time. And shall we do another setup phrase?

Jessica: Yes, please.

Christine: Okay, so on your karate chop again.

Side of Hand Even though I see that bully's face when my daughter is nasty
All that happened, but it's over, and I'm her mom
Even though I see that girl's face in my own daughter
I'm in charge and I'm separating those two faces
Even though that bully is from the past
In this moment she infects my family
And I release her with love

EB I see that bully's face
SE When my daughter is nasty it reminds me of my past
UE I choose to be present with my beautiful daughter
UN This is our present together
UM And I'm so glad I have her
CB I always wanted a daughter
UA And I choose to focus loving attention on my daughter
TH All is well with my daughter and I

Nice, deep breath. You might even put your hand on your heart for a moment and let that sink in. And just notice how you're feeling, if anything else comes to mind, and make a note of it.

Jessica: Thank you very much. I have to ask you a question that comes up so often. If someone is tapping on their own, how do they know whether they are saying the right words?

Christine: Point one is you cannot do it wrong, ever. Whatever you're thinking and feeling on the topic you want to tap on is the perfect thought, feeling, and word. You always have the right thing to say. Remember, Jess and I have been doing tapping for a long time and we know that the setup phrases, the 'even though' and 'I love and accept myself,' those are a guideline to help people get started tapping. I switched up a lot of the phrasing, purposely to give you permission to play with the words, especially if you're playing with tapping with your daughter. Make it weird and fun and playful and access what you want to be saying.

Another tip which even comes before what I just said is just tap. Forget about the words, especially for those folks in the world who feel like they're perfectionists. Just give yourself permission to talk the words out altogether and tap on the points and you're giving yourself a lovely spa treatment for your soul just by tapping, even if you don't say anything.

Jessica: I love that, a spa treatment for your soul. That's fantastic. Well, you've already given us so many treat tips and some clarity on how we can begin to tap if a certain situation is triggering something in the past. I want to bring up an emotion that I know is very common with parents, and that's worry. So how does worry play a role in our relationship with our teenagers?

Christine: I am so happy to talk about this today and you know, this comes from me tapping with women and their mothers and their daughters, so I have families with whom I tap every generation. And that is an amazing gift, to have that insight into families. Several, many years ago, it came to my attention that grandmothers had passed on the gift of worry to their daughters and they were passing it on to the next generation. So breaking the cycle of worry is shockingly important. So a lot of women have told me over the years that if I am not worried about my daughter, she won't know I love her. But what ends up happening is – I just want to ask people who are listening to take a moment and feel what worry feels like. So the energy of worry, does that feel comfortable? And I will, you know, a spoiler alert, is that it doesn't feel comfortable.

So when you're carrying the energy of worry about your daughter, and girls in this century are super sensitive, so they're picking up on the worry. But when they pick up on the worry, their genius brains are also interpreting that. And that means, to the daughter, Mom doesn't trust me or Dad doesn't trust me. They don't think I'm going to be okay.

Jessica: Yes, I want to stand up and start clapping. That is really profound, very profound. And I think that is worth saying one more time. So when a daughter experiences a mother worrying, they interpret that worrying as -

Christine: I am not okay and my mom doesn't think I'm okay, so I'm not going to be okay.

Jessica: That's huge, and this is something that a lot of us really hold on to, like you said, I have to worry. If I don't worry it means I don't care.

Christine: Yeah.

Jessica: Also, we're so used to worrying that the idea of not worrying seems so foreign.

Christine: Oh my goodness, yes, and it's so upsetting for all levels of the family. But teenage girls, the ones who are expressing the opposite of what moms think they're doing. So it's the teenage girls who are telling me, 'I don't think she trusts me. And holy smokes, if she is so worried, maybe I am not going to be all right with whatever it is that's going on. Maybe I won't come out of this.' And it can be something simple like taking the bus by yourself to school to something huge like Mom's worried I won't get into my university. So it can be anywhere along that spectrum that girls are downloading this, 'Oh, okay, I should probably worry about this

then.' But it's not our natural nature to worry. Our natural being just wants to be excited about whatever is coming up.

Jessica: That makes a lot of sense. So how can we begin to let go of this worry? So we know now intellectually we have got to let it go, how can we do it with tapping?

Christine: Let's do it right now?

Jessica: Let's just do it, I love that answer.

Christine: Let's do it, okay. So karate chop point, and deep breath.

Side of Hand Even though I'm a worrier
And I learned to worry from my wonderful mother
And she learned from her mother
I would rather have a new inheritance
And I pick love

Deep breath, and I want to go right into the eyebrow point because I want to cover a few.

Eyebrow I'm a worrier
Side of Eye I'm a worrywart
Under Eye My mother is a worrier
Under Nose And her mother and her mother are worriers
Under Mouth We are worriers
Collarbone I can still be a good family member if I don't worry
Under arm I can still be a loyal daughter if I quit worrying
Top of Head I am open to believing that everything is okay

So just take like one more breath, and then we're going to do another setup.

Side of Hand Even though it was passed down through the ages
That me worrying meant I loved my daughter
I can love my daughter and not worry about her

Deep breath, eyebrow point.

Eyebrow I learned that worry meant love

Side of Eye I was told I was irresponsible if I didn't worry
Under Eye I can love without worry
Under Nose I choose to release the habit of worry
Under Mouth And I ask my brain to focus on love instead
Collarbone Worry is thoughts I keep thinking
Under arm I choose new, loving thoughts

Deep breath. So another deep breath, and then I'm going to do one round on something you're worried about with your daughter specifically, does that sound okay?

Jessica: That sounds great.

Christine: Great, so another deep breath. So still with your hand on your heart just quickly think. Don't drive yourself into a worry about it but just allow a thought to come to the surface of something that you're worried about with your daughter and maybe make a note of it. So I'll pick the worry, not doing well in school, but when I say that you just fill in your blank. So, karate chop point.

Side of Hand Even though right now I'm worried about my daughter
Because I don't think she is doing well in school
I'd rather focus on how wonderful she is

Deep breath.

Even though I worry about my daughter so much
And I hope she's okay
Because she's not doing well in school
I'm open to the possibility that she is okay

Deep breath.

Even though I am so worried about her
I don't like how that feels
I'd rather pay attention to the fact
That right now, everything is okay
And my daughter is awesome

Eyebrow I'm so worried about her right now

Side of Eye I'm a good mother, so I worry about my daughter
 Under Eye I love her, so I worry
 Under Nose She's not doing well in school, you know
 Under Mouth I am so freaked out about that
 Collarbone It doesn't even occur to me that she's okay
 Under arm Oh yeah, maybe I didn't do so well in school
 Top of Head Oh, this might not be about me

EB And it might not be about my daughter
 SE It might be about worry
 UE Worry doesn't suit me
 UN I feel this in my stomach when I worry
 UM I'd rather free my brain from worry
 CB I'd rather free my daughter from my worry
 UA I would rather send her love instead of worry
 TH My daughter is amazing, my daughter is strong, and my daughter is just fine

Deep breath, hand on your heart. And just sit with that for a moment and make any notes you need to.

Jessica: Thank you so much for that.

Christine: You're welcome.

Jessica: What's been so great about our time together, Chris, is that you've given us some key phrases and some tapping rounds that we can expand. And what's so exciting about this Tapping Solution bonus is that we can come back and listen to it again and again. So it's a great idea to write down some of the phrases that really resonate with us because we can go back and just tap on that phrase.

Christine: Totally. And please do, that's so important, to improvise and play with it. And don't get too – I call it 'thinky.' Don't get too thinky about it, just whatever comes to the surface. Write that down and tap on it at your leisure.

Jessica: So when we begin to use tapping ourselves and we find more peace around the situation with our daughter and we do want to teach our daughter tapping because it is something that can really help her, is there a way to introduce it that is appropriate?

Christine: Yes. And the first thing to do is let go of our expectations and I think I mentioned that a little bit before but let go of the idea that you're going to change her because she doesn't need to be fixed. And she picks up on that unspoken intention. So it's really to back up away from introducing this as being something therapeutic. She's going to read that as you want her to be different. And the girls tell me that over and over. So a mom will work with me for a long time and then try and – and I use this quote because this is what moms say to me – I can't make my daughter tap. They come to me and they're getting almost instant results because I present it as kind of a weird thing that you can do to feel less stress. So some of the things you could say are, 'Here is this cool relaxation thing I learned today, and it's weird, but I already feel calmer about going to work tomorrow,' or whatever it is that you're going through. And ask her if she's interested in just watching you tap on yourself. And she may roll her eyes and leave the room, but I encourage you to keep tapping when you're around her. So whenever you're feeling off kilter and you want a little stress relief, use tapping. And again, it's just the points. Don't worry about the words, just tap on the points yourself. And she'll see you do this and it becomes more normal to see Mom do this weird tapping thing around the house. So don't ever present it as a form of therapy. If you find a tapping practitioner, don't ever say, 'I want you to go to this therapist,' that just won't work. An awesome thing that works so well is asking her help in tapping on your pet. Yes, a dog or a cat. So, for example, if the dog is barking and high-strung, and nervous, have fun playing with tapping with your daughter or your son and tap things just on yourselves. You don't have to tap on the dog. So something like, 'Even though Fluffy hates the mailman, I love and accept Fluffy.' And it's kind of sneaky, but girls are always going to be happy to help their pet. And that's how I've started working with a number of girls, by having them think about their pet while they're tapping.

Jessica: Definitely. It's a fun experiment.

Christine: Oh, it really is. And it very often works, in many cases, the high-strung dog has calmed down. So she feels like a superhero because she made that happen. Another really, really good tip is to ask your daughter to remind you to tap. So of course that's going to depend on your relationship with your daughter but you can say to your daughter, 'If you think I'm being grouchy, would you please remind me to tap?' And then that might – well, it will at least give her permission to think about tapping. And that might start some conversations about grouchiness. And ask her to help you tap. And tap along with you. 'Oh, I want you to help me with some of the wording, even though Mom is being what?' And have her fill in some

of the blanks. And the final one is kind of demonstrating the benefits of tapping and one of the examples that pops into mind is Mom bites her fingernails and then uses tapping and releases that habit, grows her fingernails, invites her daughter to go to a manicure with her because she tapped and no longer bites her fingernails. And those sorts of things kind of normalize it and make it more fun and playful.

Jessica: Those are such great tips.

Christine: Thanks.

Jessica: Such great tips, really game changing.

Christine: Oh, very much so.

Jessica: Yes, you know Chris, our time together has been so insightful already and I thought that I couldn't get more excited about your upcoming book but I actually am even more excited just hearing all of the tips. So I definitely recommend people get that next May and Chris, I want to thank you. This has been really, again, insightful and you just have such a common sense, calming, and yet profound way of explaining things. So thank you so much for being with us.

Christine: Oh, thank you Jess. It's been a pleasure and I appreciate all the work you're doing.