



Overcoming Resistance to Exercise

TAPPING MEDITATION

AUDIO TRANSCRIPT

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Overcoming Resistance to Exercise: Tapping Meditation

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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 before doing this tapping meditation. In this tapping meditation we are going to get motivated to exercise.

This is a topic that most of us can relate to. You may want to exercise and you may even plan a time to exercise, but when that time comes you are not in the mood. You don't have the energy, you have too much to do. Most of all, you just plain don't feel like it. I have to say this has happened to me so many times over the years. I love to exercise and I always feel incredible after exercising but getting started isn't always easy.

In fact, for years I had a habit of chatting with my wife about anything right when I was supposed to start exercising. It was an easy way for me to procrastinate on exercise and she knew it. Instead of making the phone calls or doing whatever you do to procrastinate on exercising, we are going to use tapping to get motivated to begin. That's often the hardest part of exercise, getting started. The good news is it will feel a lot easier when you're done.

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. 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, you're feeling exactly what happened or what you believe, the better your results are going to be.

We're going to 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

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rather to acknowledge it and let it go. Feeling safe to acknowledge how we feel, to speak the truth about our current experience is one of the most powerful things you can do. First, focus on how unmotivated you feel to exercise. You may feel like you don't have the time. Or maybe you just don't want to or it feels too hard, or whatever it is. Really focus on all the resistance you feel towards exercise, right now. On a scale of zero to ten, give that resistance you feel around exercising a number of intensity. So if you feel completely, just utterly unmotivated to start exercising, you might give it a ten.

Now, let's take three deep breaths. Feeling safe and grounded in your body. Feeling present in space and time. We will start by tapping on the side of the hand, the karate chop point. And just repeat after me.

Side of Hand Even though I am so unmotivated to exercise
I know I should but I really don't want to
I love myself and accept how I feel
Even though I'm really not motivated to exercise
It's just not what I want to do right now
I deeply and completely love and accept myself
Even though I really don't feel like exercising
I deeply and completely love and accept myself

Eyebrow I really don't feel like exercising
Side of Eye It's just not what I want to do
Under Eye I don't have the energy
Under Nose And it doesn't sound like fun
Under Mouth I bet I will feel more like it tomorrow
Collarbone Maybe I can just skip it today
Under Arm But I know I should exercise
Top of Head It really doesn't sound fun

EB I just don't feel like it
SE I wish I was already done
UE Because I don't want to do it
UN But it does feel good once I'm done

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UM	But I don't want to do it
CB	It takes so much energy
UA	And I don't want to do it
TH	I just don't want to do it
EB	I wish I was already done
SE	That would feel so good
UE	Once I get going it feels good to move my body
UN	But I hate feeling all this pressure around whether or not I exercise
UM	The pressure to exercise ruins it for me
CB	What if I don't put pressure on myself about exercising?
UA	What if I just make a point of moving my body in a way that feels good?
TH	What if I could actually enjoy it?
EB	It does feel good to move my body
SE	I do feel better once I'm done
UE	What if I could let go of all of the stress and pressure around exercising?
UN	What if I could release all this negativity?
UM	I can move my body in a way that feels great
CB	I can release all the stress and pressure around exercise now
UA	It feels so good to move my body
TH	And even if it feels hard at first, I can keep going
EB	I choose to love myself enough to exercise
SE	I make this choice now
UE	I see myself moving
UN	Feeling strong and confident
UM	Feeling powerful in my body
CB	All these wonderful feelings in my body
UA	When I move
TH	Feeling ready to exercise, right now

Take a deep breath and notice where your resistance to exercise is now. Give it a number on a scale of zero to ten. As soon as you're ready, begin exercising. What else came up during that process? What other emotions, memories, or ideas? If you still feel resistance you can continue to tap on it. Be specific on why it seemed so hard. Do you have previous negative

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memories or experiences around exercise? Any resistance, just continue to tap, and let it go. Hopefully you are ready to go, so I won't keep you any longer. Go ahead, move your body, love your body, have fun.

And until next time, this is Nick Ortner from TheTappingSolution.com. Take care, keep tapping, keep exercising.