



Free Resource for Week 5

Taking Action and Procrastination: Traffic Light Tapping

Today, let's talk about another way to tap: Traffic Light Tapping

brought to you by Practitioner Casey Hammond

"Relaxed, I feel so relaxed."

This is the comment I most frequently hear from people after doing this quick and easy Traffic Light Tapping technique. Being overwhelmed by procrastination is anything but relaxing. In this article I will teach you a simple Tapping technique to get you past procrastination and into action.

This technique combines gentle breathing with Tapping. I have done this technique with people of all ages, even children, to great effect. It is easily learned and takes less than five minutes. In this technique we don't talk about the problem, so it's private and there are no worries about what to say.

So often our bodies give us signals, signals that mean things are not quite right. Frequently we try to ignore these signals and procrastinate about dealing with them. That's when things like pain, upset, anxiety or tasks like paperwork and clutter can escalate and pile up. Traffic Light Tapping is a Tapping technique to hone our skill in noticing things as they start to get out of balance. It is a first aid tool to quickly deal with what ails us, to calm us or to get us to a place of action.

Even if we are not aware of what it is, there is often a good reason for procrastination. Is the task overwhelming? Maybe you have had a prior negative experience? We don't need to analyze, judge, think, talk or answer these questions. We just need to honor ourselves and our feelings and take just a few minutes to get relief.

Next time you notice yourself procrastinating, take just a few minutes to try this technique. (Ha! I am giving you permission to put the task aside and procrastinate!) I am confident that by doing Traffic Light Tapping you will lower your resistance and the task will be easier.

Ask yourself:

"What's it like right now for me?"

"What am I feeling and thinking?"

"How strong is my sense of procrastination?"

"Am I feeling overwhelm or rebellion or something else?"



Traffic Light Tapping - *continued*

You are the expert on yourself. Like a bird watcher, just notice. You don't have to analyze, think or talk. Your mind can go blank or wander.

Ask: "*What's the signal my body's giving me?*" Notice how strong your resistance is to dealing with the task, and rate your resistance in the following way, as **green**, **yellow**, or **red** – like a traffic light!

Think Traffic Lights:

GREEN: Keep going. (No feelings of procrastination. "*I've got this!*")

YELLOW: Slow down. (There is some resistance to the problem, but not full resistance and not "green", not a "go.")

RED: Stop! (Full procrastination. It's not happening.)

THE PROCESS:

After noticing and rating your level (**Red**, **Yellow**, or **Green**), tap and breathe using the following five steps:

- 1. BREATHE:** In gently through your nose and out slowly through your mouth, 2-3 times.
- 2. TAP** on the Face and Body Points ending on the Collarbone Point. (The Collarbone point is such an important point. This is why this technique taps there twice.)
- 3. BREATHE:** In gently through your nose and out slowly through your mouth, 2-3 times.
- 4. TAP:** on the Face and Body Points ending on the Collarbone Point.
- 5. BREATHE:** In gently through your nose and out slowly through your mouth, 2-3 times.

While you tap and breathe, you may think about anything. Let your mind wander. There is no need to focus on the issue.

When Tapping, you may notice yourself yawning or spontaneously taking some deep breaths. Doing this will enhance the process, but it is not required.

CHECK BACK IN:

What's that like for you right now? Notice what's going on for you right now? What's the signal your body is giving you: **Green**, **Yellow**, or **Red**? No talking or analysis is needed.

REPEAT UNTIL YOU GET TO GREEN.



Traffic Light Tapping - *continued*

Traffic Light Tapping is so simple, and it can be used for anything.

- Green:** Means Calm - Keep going!
- Yellow:** Slow down, Tap soon, when you can.
- Red:** Stop! Tap Now!

Think of it as a First-Aid tool for more than procrastination. Before we get into the **Red Zone**, we pass from **Green** (calm), through **Yellow** (slow down). By practicing Traffic Light Tapping you will get better at noticing your body's signals. The benefit of noticing subtle signals is that we can catch and deal with issues before they get overwhelming. As Gary Craig always said, "Try it on everything."

Notes:

***My thanks to Gwyneth Moss for teaching me Traffic Light Tapping and to all the people that have given me positive feedback about this process.*