

**ATA Conference – Miami – 2015**  
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**Tapping exercise for interpreters: Releasing anxiety/worry  
around a future assignment**

Tap using your own language, if this one is not adequate for you. This exercise can be a powerful starting guide.

Begin by giving a voice to how you are feeling (the so called "negative feelings") and then move on to the positive.

Focus on any feelings that come up when you think about this future event: fear, anxiety, worry, etc. Notice what emotion comes up and measure its intensity on a scale of 1-10, and simply take note of it. It can be a mental notice.

Now begin by taking a few deep breathes to feel grounded and centered in your body. You can close your eyes or leave them open, if you prefer.

So inhale through your nose, exhale through your mouth.

Inhale and exhale

Inhale and exhale

Begin by tapping on the karate chop point as you repeat the setup statement:

Even though I feel all of this stress, anxiety, and fear I totally accept and forgive myself and how I feel.

Even though I feel all of this stress, anxiety, and fear I totally accept and forgive myself and how I feel.

Even though I feel all this stress, anxiety, and fear all over my body I totally accept and forgive myself and how I feel.

EB: All of this stress

SE: All of this anxiety

UE: All of this fear of making mistakes

UN: All of this fear of not understanding what the speaker says

CH: All of this fear of missing important content

CB: All of this panic of not knowing how to translate something

UA: Or not remembering the translation of a word

TH: All of this fear of being judged by people who are listening to me

EB: All of this anticipation

SE: I just want things to go perfectly

UE: And I'm so scared of what might happen

UN: What if I'm a total disaster?

CH: What if I totally panic and stop translating?  
CB: What if I make a serious mistake?  
UA: What if I miss important content?  
EB: All these doubts and fears that cloud my mind  
SE: This horrible scenario I play in my mind  
UE: This fear that something will go wrong  
UN: I just want everything to be perfect  
CH: I just want to control it all  
CB: But I can't  
UA: So I worry instead  
TH: And I am totally taken by fear  
EB: I have to worry because I care  
SE: I have to be afraid because I'm not yet sure of my abilities as an interpreter  
UE: These beliefs that are keeping me stuck  
UN: I can care deeply  
CH: And let go of the worry  
CB: I can trust my abilities, because I've been training so much  
UA: It's safe for me to relax  
TH: It's safe for me to let go  
EB: Everything is unfolding as it should  
SE: Everything is for my greater good  
UE: I feel centered and strong  
UN: I have everything I need within me now

CH: So I can feel calm and confident  
CB: I can handle whatever comes my way  
UA: Right here and right now  
TP: And during the interpretation event  
EB: I feel good  
SE: I don't need all the answers  
UE: Because I know my worth  
UN: I can trust in myself  
CH: I can trust in my ability as an interpreter  
CB: Regardless of what happens  
UA: I am enough  
UE: I am strong  
TH: I am confident  
EB: I can speak my truth  
SE: I am capable  
UE: I have everything I need  
UN: To face whatever may come my way  
CH: I know the techniques  
CB: I know the languages involved  
UA: It's safe to get excited about this assignment  
TH: And to enjoy this present moment  
EB: While I prepare myself to it  
SE: I am open to seeing how things unfold  
UE: I trust myself

CH: I trust life

CB: I'm so excited about this assignment

UA: Things are unfolding as they should

TH: And I can enjoy this process. All is well.

Now take another deep breath, and when you're ready open your eyes and notice if you feel the same sense of panic or maybe a new sensation has appeared? Notice how your body feels. You can now measure any remaining emotions and give it a number on the scale of 1-10.