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Tapping exercise for translators: Releasing anxiety/worry around a future event, project or deadline

Tap using your own language. 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 and anxiety I accept myself and how I feel.

Even though I feel all of this stress and anxiety I accept myself and how I feel.

Even though I feel all this stress and anxiety in my body I accept myself and how I feel.

EB: All of this stress

SE: All of this anxiety

UE: All of this anticipation

UN: I just want things to go my way

CH: And I’m so scared of not meeting my deadline

CB: What if I don’t finish this translation on time?

UA: What if I have to spend too much time researching terms and miss my deadline?

TH: What if I make a mistake?

EB: These doubts that cloud my mind

SE: This bad 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: I have to worry because I care, I’m a professional

EB: This old belief that’s keeping me stuck

SE: I can care deeply
UE: And let go of the worry
UN: It's safe for me to relax
CH: It's safe for me to let go
CB: Everything is unfolding as it should
UA: Everything is for my greater good
TH: I feel centered and strong
EB: I have everything I need within me now
SE: So I can feel calm and confident
UE: I can handle whatever comes my way
UN: Right here and right now
CH: I feel good
CB: I don't need all the answers
UA: Because I know my worth
TH: I can trust in myself
EB: I can trust in my ability to do an excellent job
SE: Regardless of what happens
UE: I am enough
UN: I am strong
CH: I am confident
CB: I am professional and have a good reputation
UA: I am capable
TH: I have everything I need
EB: To deliver an excellent translation on time
SE: It's safe to get excited about the future
UE: And to enjoy this present moment
UN: I am open to seeing how things unfold
CH: I trust myself
CB: I trust life
UA: I'm so excited about this translation project
TH: Things are unfolding as they should
EB: And I can enjoy this process. All is well.

Now take another deep breath in as you place both hands over your heart. And from this, give yourself a little message. What do you need to say, do, or remember to help move towards this event with a sense of confidence and peace?

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 measure any remaining emotions, giving it a number on that scale of 1-10, and continue working or tapping – if you feel like it's right to you.