

The *MAPit TAPit* Process - MAP.TAP.IT.

IT

- A problem
- What you DON'T want
- Something to address, change, resolve
- The reason you undertake Choose Your Life work

You want to deal with IT!

To deal with IT, we work with our memories. Specifically, the memories that support IT.

We work with the memories that support IT in such a way...
we get all of our needs met inside those memories.

Said another way, we fulfill our deepest desires at a core level.

When we fulfill our deepest desires at a core level...
...we change what we EXPECT in life.

When we change what we expect in life...
...we change what we GET in life.

To do something this important, you need perfect-for-the-job tools, understandings and skills.

This is where the other two words in our name come in...

MAP and TAP

M A P

Your inner-world is where a *Choose Your Life* journey takes place.

We go inward, travel around in there, look for and find what supports the existence of IT.

Then we “map” it out onto the page.

To “map” is to get what is already mapped internally ‘within us’ mapped out onto the page so we can work with it.

Without a MAP

Flooding often happens.

Flooding - the experience of overwhelm, confusion, resistance, feeling like there is nowhere to begin when we go to work on an issue

When flooding, your nervous system is in overdrive and the ability to reason is lost.

When you recall a memory in which you didn't have coping skills to process what was happening THEN...

- The fight-flight-freeze response gets triggered NOW
- You still feel the threat of exposure
- You may feel defensive, critical, contemptuous, avoidant of yourself or whoever you blame THEN

You cannot process and it stalls your progress today.

With a MAP

- You know where your journey begins
- You have coordinates for the issue you are working on
- You have a new way to think about the problem
- You have a way to shift toward a solution in a way that is loving, generous, and well-intentioned... at a time you need *that kind of energy* the most

Mapping is a chance to...

- Pause to validate
- Capture exactly what made an experience 'bad'
- Shift to feeling loved and cared for
- Cultivate gentle self-talk
- Pivot to the bigger picture of what you want NOW

In the process of Mapping you commit to...

- Extending 'unconditional positive regard' to yourself - aka 'non-judgemental care' for yourself
- Soothing any fight, flight, freeze responses that surface -with tools like tapping
- Engaging your body/your story in new, creative and organized ways - with tools like tapping