

THE 3 MINUTE RANT



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EXPLANATION

The 3 Minute Rant is an exercise where you vent out loud about a specific subject while tapping on acupuncture points.

The way you do the 3 Minute Rant is by yourself, out loud and with a lot of emotion.

The steps in the exercise are designed to get “it” off your chest without hurting yourself or others. You will finish by locking in the changes with Tapping “In” to feel calmer, stronger and empowered.

HOW TO DO “THE 3 MINUTE RANT”

- 1** Find a place where you are alone and can talk out loud
- 2** Close your eyes and visualize yourself in the issue making you upset and let yourself get really get worked up! See that individual....or....be in the situation and feel the emotion bubbling up within you. Rate the intensity on a scale of 1-10.
- 3** Start tapping on the side of the hand (Karate Chop Point) then with as much emotion as possible verbally unloading about the situation. Really get into it and leave nothing out!
***You have permission to swear, scream, get physical, froth at the mouth whatever it takes to express how you feel about the issue or situation or person.
- 4** Once you've got it all off your chest, tap on the eyebrow point and focus on 1 piece of the issue while tapping for 7 seconds. Then shift and tap the corner of the eye for 7 seconds while focusing on another single aspect of the issue.
- 5** Every 7 seconds shift to the next acupuncture point and shift your focus to another aspect of the issue. Repeat this until you've covered all the specific issues.
- 6** Re-assess on an intensity scale of 1-10 how you feel physically and mentally about the situation or issue. Notice if it's gone down. If the intensity is below a 5 you're finished and move on to Tapping “In”. If it's over a 5 repeat steps 2-5 and focus on the most intense aspects in that moment then finish with Tapping “In”.

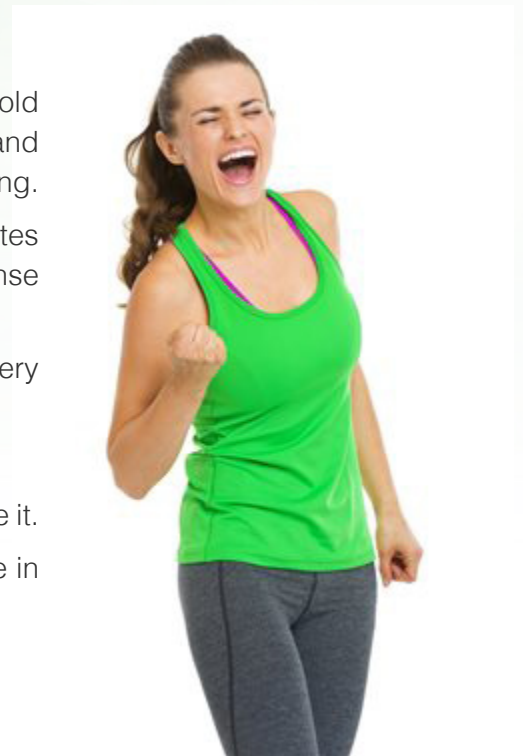
THE FINISHING TOUCHES – “TAP IN” AND THE FIST PUMP!

Lock in the positive changes that have taken place (feeling calmer, more in control, more confident, more hopeful, less emotional) using the “Tapping In” exercise.

- 1 Create a statement of how you want to feel or act from this moment on. This is a positive statement (affirmation) in the present tense “I Am”.....
- 2 Then while saying the statement out loud with emotion, tap on the scull around the right ear from front of the ear to back of the head. Repeat this out loud 5 times with the emotion of belief.
- 3 Then raise your hand, make a fist and give a big POWERFUL fist pump (or double fist pump if you’d like) while saying with emotion out loud YES! And feel the tingle in your body.

KEYS TO EFFECTIVE RANTING

- 1 Make it real with your visualization.
- 2 You have permission to verbally let it rip out loud and don’t hold back! It may scare you how intense the emotions are. It’s ok, and those feelings will change quickly with a round or two of tapping.
Remember - you’re venting while tapping which eliminates the underlying beliefs that cause you to respond in an intense exaggerated way.
- 3 Make sure you include every detail and every aspect of every issue while ranting and tapping.
- 4 Don’t quit until you feel the shift physically and mentally.
- 5 If new things relating to the issue pop up in your mind verbalize it.
- 6 Keep repeating The 3 Minute Rant until you feel calmer, more in control of your emotions and your perspective has changed.
- 7 Finish strong and calm by tapping in and a good fist pump!



TIPS

- 1 A very fast and effective way to regain composure and perspective and think clearly is the 3 Minute Rant.
- 2 It's an exercise done alone, out loud and with a lot of emotion.
- 3 You have permission to let it loose!
- 4 You rant on the overall issue first while tapping on the Karate Chop Point. Then focus on smaller specific issues while tapping on the acupuncture points.
- 5 You finish by locking in a new attitude and perspective with tapping in and finish the exercise with a big fist pump.

WHAT TO DO

Start immediately. The topic can be something in the immediate or something from your past.

Use the 3 Minute Rant as often as possible, even on small issues. The more you practice you'll get better at it and it will go faster each time.

Many people have been brought up from childhood to not show their emotions – especially anger, and often “STUFF IT” and suffer the consequences because of it. Let it loose – you have my permission and nobody needs to know – it's your secret!

Remember – it's a healthy exercise, not only mentally and emotionally but physically as well. Research confirms that physical health risks increase when you have no way of expressing or acting on your feelings. Stress can build up and become chronic and detrimental effects occur when negative emotions remain unexpressed. So.....EXPRESS IT!

Final Words – This is where you start. The 3 Minute Rant is a powerful situational tool. The 5 Day Challenge will help you to focus on moving forward in a more systematic fashion. Do the 3 Minute Rant whenever something comes up that causes you to lose focus or stresses you out.

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