



Pod #237: EFT For When We Don't Want To Be Noticed

<https://tappingqanda.com/2016/09/pod-237-eft-dont-want-noticed/>

I recognize the fact that there are times where I feel like I don't belong in any meaningful way...I feel like I'm not smart enough...That I'm not good enough...That I'm not talented enough...That I'm just not enough...And when this happens I simply want to disappear...When this happens I don't want to be known anywhere...When this happens I wish I didn't have to be there at all...I feel insignificant...I feel scared...I feel like I'm only causing problems...I feel like I'm a burden...I recognize the fact that when I'm in a situation like this I'm not actually standing out...I'm not actually being noticed...Almost everybody present is too busy thinking about themselves anyway...Is too busy thinking about what is in front of them to even notice me...What is much more important is the fact that I am worthy of being there...That I do belong...That I actually do have something to contribute...The part of me that is scared remembers those times where I didn't fit in...Where I didn't belong...Or at least that's how I felt...And when we feel like we don't belong...We notice what we think is proof around us...That shows we don't belong...But there isn't actual proof...We are just drawing a conclusion that is far from the truth...I give myself permission to know that I am no different than anyone else I am around...I am worthy of being here...I belong here...I give myself permission to trust myself...To trust that I can stand tall...To know that I am worthy because I was made

The logo features a stylized blue hand with fingers spread, positioned to the left of the text. The text 'TAPPING' is in a bold, blue, sans-serif font, while 'Q&A' is in a grey, sans-serif font.

TAPPING Q&A

worthy...My worth is something that is intrinsic...It is something that is a part of who I am...Even though there is a very young part of me that doesn't believe it to be so...This part is trying to keep me safe from all of the danger it sees in the world...I give myself permission to trust myself and to trust what is going on...Knowing that I can be seen...Knowing that I can be present...Knowing that I'm capable of doing this...I give myself permission to trust the process and to trust myself...Because there's a part of me that knows I belong...There's a part of me that knows that I am worthy...And there's a part of me that knows I have nothing to prove.