



# TAPPING Q&A

## Pod #252: EFT For Starting 2017 With The Right Intentions

<https://tappinganda.com/2017/01/pod-252-eft-starting-2017-right-intentions/>

*I would like something better...I would like to be successful...I would like to transform..I would like to move forward...I recognize the fact that I get in my own way...that I don't do the actions that I want to do...that I don't stay focused...this is really disappointing...in many cases I know exactly what to do...in many cases I know exactly how I want to do it...and I still don't do it...it is because my system is trying to keep me safe...it is because my system is trying to keep me healthy...it is because my system doesn't want me to be in over my head...it avoids the actions that could get me in trouble...it avoids the steps that are difficult...I appreciate the fact that my system is trying to keep me healthy in this way...I also appreciate the fact my system is working too hard...it is seeing the things that are dangerous and blowing them out of proportion...I give myself permission to create the space to make it safe for me to make difficult choices...to make it safe for me to take new actions...there are times that I do not set goals because I don't want to face failure...my subconscious mind thinks but if I never set a goal then I will never have the opportunity to fail...I appreciate it is trying to keep me safe in this way and I recognize that it's over functioning...it is safe for me to have dreams...it is safe for me to have goals...It is safe for me to pursue something better...*



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*There are times that I do not take action because I don't know how to do the action...or I don't know the exact step to take...my system doesn't want to waste time...my system doesn't want to waste energy...my system doesn't want to waste effort...the way that it does this is it prevents me trying...because if I never try anything new I can't look foolish and stupid...I appreciate that my system is doing this to keeping me safe...but I also recognize the fact every single thing that I can do is something I had to learn how to do...at one point I couldn't do it...everything that I can do I learned how to do...I give myself permission to allow myself to move forward in such a way that I do not need to be perfect the first time*

*I recognize there are times when I know what to do..I know how to do it..and I still don't take action...because I am afraid of taking that action is not going to be good..It's not that there's a problem with the action...but I am worried about trying...I'm worried others are going to see me and judge me...I'm worried that others are going to dismiss my effort...I'm worried that others are going to think that I'm foolish...I'm worried that others are going to think that I'm wasting my time...I give myself permission to know that these are the actions I should be taking...to know that these are the actions that are right for me...to know that as I move forward creating this path and becoming who I am is best for me.*

*They're also times that I do not take action because my system fears success...it is worried that if I work hard to be successful I will have to work hard to stay successful...it is worried that others will see me being*



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*successful at this and will be expected to be successful all the time...I'm worried that being successful is not going to be enough and I'm going to be let down...I give myself permission to know that even imperfect success is better than this...to know that as I move forward success will build on success...and more progress will come...I give myself and my system permission to know that when I don't take action...it is just my system taking care of me...I know my system it is simply over functioning...I trust myself to take action...I trust myself to be healthy...I trust myself to move forward anyway...even when things do not work out each action brings me closer to the success that I made for.*