



TAPPINGQ&A

Pod #256: EFT For When We Are Judgmental Of Others

<https://tappingqanda.com/2017/02/pod-256-eft-judgmental-others/>

I recognize the fact there are times when I am very judgmental...There are times in which I am very harsh...Where I put other people down and think that they are not good enough...I am really embarrassed by the fact that I do this from time to time...It's not who I want to be...It's not how I want to treat others...When I act this way I feel a great sense of shame...I feel a great sense of disappointment...I am embarrassed...I recognize the fact when I act in this way it's because I feel hurt...Or I feel attacked...Or I feel like I'm in danger...That is why I lash out...That's why there's a part of me trying to push someone else down...So I can feel safe...So I can feel secure...I give myself permission to be easy with myself...I must take responsibility for my thoughts, actions, and emotions...I can be gentle with myself when I make bad choices...Part of me feels ashamed...There is the part that knows that I can be better...The part that knows I was made for better...I give myself permission to be easy with myself...I encourage myself to strive to be all that I can be...To see the true worth of others...Without feeling insecure...To feel safety without feeling like I have to push someone else down...I know I can judge less...I want to be less judgmental...I give myself permission to love myself enough to know I no longer need to put others down...I commit to letting go of judging others.