



TAPPING Q&A

Pod #258: EFT For Feeling Dissatisfied With Progress Being Made

<https://tappinganda.com/2017/02/pod-258-eft-feeling-dissatisfied-progress-made/>

I know what I want...I know what actions I want to take...I know the goals I want to achieve...Intellectually I can see very clearly how taking these actions is best for me...Achieving these goals is best for me...But there is a part of me that is concerned...There is a part of me that is worried...It is afraid of what will come next...Even though what I have in this moment is far from perfect...Even though there is some pain in this moment...What I'm experiencing right now is predictable...What I'm experiencing right now is known...Because of that fact it is manageable...It is far from perfect...But I know what is coming and I know how to respond to it...The part of me that wants predictable is just trying to keep me safe...It is worried that unpredictable is unsafe...In order to keep me stuck in this spot it is undermining my actions...It is belittling my goals...It's not doing this because there is something wrong with the action...It is not doing this because there is something wrong with my goal...It is only doing this because it doesn't want me to change...It is using the tactic of picking on the choices I am making...It is taking on the tactic of belittling my goals...I recognize the fact that this part is trying to keep me safe...I recognize the fact that it is trying to keep me healthy...But it is working way too hard...It is choosing an unhealthy tactic...It is choosing a tactic that is safe...I give myself permission to know that change is good...I give myself



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permission to know that I can step into the unknown and still be safe...The actions I am taking are thoughtful...The actions I am taking are deliberate...I give myself permission to transform...Knowing that if the new way isn't right for me...I can always return to the old way...I trust the transformation...I trust myself...I give myself permission to take bold action today...Knowing that I can do this and still be safe.