



TAPPINGQ&A

Pod #300: EFT For Releasing Unuseful Commitments

<https://tappingqanda.com/2018/01/pod-300-eft-releasing-unuseful-commitments/>

I don't want to be seen as a quitter...I want my word to mean something...I want my commitments to mean something...I want the people around me to take me seriously when I make a commitment...There is a part of me that is afraid that if I do not follow through on my commitments then I'm going to be seen as a quitter...I'm going to be seen as a quitter by other people...I'm going to see myself as a quitter...I am afraid the moment I let myself out of a commitment I am setting a precedent for the future...In which I allow myself out of all future commitments...I recognize the fact that it is possible for me...To look clearly at the commitments I have made...To make the decision to let go of the commitments that no longer serve me...To let go of the commitments that are no longer helpful for me...To let go of the commitments that are no longer healthy for me...I'm able to do this because I recognize I now have new information about the commitment...I now have new information about myself...I recognize the fact that the commitment is no longer a good fit for me...Letting go of this commitment is not a failing...Letting go of



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this commitment does not mean that I'm a quitter...Instead I'm making a commitment to using my time, attention, and energy in a way that is so much more productive for me...By letting go of the commitments that no longer serve me...I am creating the space and capacity to make good healthy choices in this moment...Allowing me to commit to the things that serve me...Allowing me to commit to the things that are healthy for me...Allowing me to commit to myself in the best possible way...Letting go of commitments is not quitting...It's choosing a new and better future.