



## Pod #302: EFT For Resistance to Intentions and Progress

<https://tappingqanda.com/2018/01/pod-302-eft-resistance-intentions-progress/>

It seems really silly that I wouldn't be taking useful action...I've named the goal...But for some reason I'm just not taking action...I know how valuable the change would be...I can feel my system self-sabotaging...But I'm not exactly sure why...In this process I'm open to discovering the resistance...I'm open to releasing that resistance...So I can move forward in a healthy way...I might be worried that it's not safe for me to change...At some point in the past change did not work out well...My system is trying to keep me safe...By avoiding the possible pain that might come with change...In this moment it is safe for me to transform...In this moment it is safe for me to change...In this moment I can move forward happily and healthily as I make this change...It is possible there's a part of me that doesn't believe I'm worthy of change...Other people are allowed to change...Other people are allowed to transform...But not me...For some reason it is not safe for me to move forward in this way...Because there's a part of me that doesn't feel worthy of transformation...There's a part of me



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that doesn't feel worthy of healing...I am worthy of healing...I am worthy of transformation...I'm worthy of moving forward in a way that is healthy for me...I was made for transformation...There's a part of me that might be afraid...That if I attempt this transformation or make this transformation...That others are going to judge me...Others are going to judge my effort...Others are going to judge what I'm attempting...I recognize the fact that this transformation is about me...It's not about others...It's not about what other people think...It's not about what other people believe...I'm allowed to transform regardless of what other people feel...It is possible that there is a part of me that is afraid...That this transformation won't live up to what I hope it does...It's only going to be a fraction of my needs...And when I get to the end I will be disappointed...It will feel like a giant waste of time...It will feel like a giant waste of energy...It will feel like a giant waste of effort...Because it didn't live up to my desire...It is very possible that this won't turn out how I had hoped...That this isn't going to turn out how I planned...But even with that being the case...Regardless of the transformation that comes...It is worth my time and effort to try...The effort that I am putting forth...Is about being successful...It's about being healthy...It's not about meeting a specific goal...My goals and intentions are just guidance...Helping me to experience transformation...I give myself permission to pursue this transformation...Even though the



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outcome is uncertain...It will be worth the effort regardless of the specific outcome.