



Pod #303: EFT For When Others Think Ill Of You

<https://tappingqanda.com/2018/01/pod-303-eft-others-think-ill/>

I'm really frustrated by the fact that someone else thinks ill of me...They think things about me that simply aren't true...And there is nothing I can do about it...Their mind is made up...They are unwilling to listen...They are unwilling to try to understand...I hate it when people think bad things about me...Especially when they're not true...I hate that they are wasting time and energy thinking poorly of me...I hate the fact that they are in a situation where they don't think of me well...Because I want to be liked...I want to be accepted...I want to be appreciated...I want to be seen for who I truly am...I wish I weren't preoccupied with what someone else thinks...I wish I didn't care...But there is a very human part of me that does care...There's a very human part of me that craves acceptance...I give myself permission to let go of the desire to be accepted by others...I give myself permission to recognize my worth and value isn't determined by others...I give myself permission to know I am not defined by what others think about me...Even though I hate being in this position...I give myself permission to recognize my own worth...I give myself permission



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to recognize my own value...I give myself permission to know I am more than what others think about me...I recognize the fact it is possible for me to let go of my desire to be loved by all...I give myself permission to know I am not responsible for what other people think and feel about me...Even though there is a part of me that wishes I could change their mind...All that I can do is make good choices in this moment...All that I can do is take responsibility for my choices...All that I can do is strive to be who I truly am... I give myself permission to do exactly that...In this moment and in each successive moment...If I do that I will find my way to being the best that I can be in this moment...That is what I want...That is what I'm going to continue to strive for.