



TAPPING Q&A

Pod #329: EFT For Jealousy Of Other People's Success

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I recognize the fact that I am capable of jealousy...That sometimes I am consumed by the emotion of jealousy...When I see someone with what I want...There's a part of me that thinks it is not fair...They get to have what they want...And I don't...They are getting something that I feel I deserve...But do not have...The feeling of jealousy comes from a place of wanting more for myself...It comes from wanting better for myself...My jealousy has very little to do with the person I am jealous of...It has to do with how I see myself...About how I understand my own experience...About how I believe people notice or don't notice me...I give myself permission to know...That even though jealousy is an emotion I don't want to feel...It is just a part of me fighting for better in my own life...But it is showing up in a way that isn't useful...It is showing up in a way that isn't helpful...And it feels so uncomfortable...Because on top of the jealousy...I also feel embarrassed about feeling jealous...I see jealousy is a sign of weakness...I see jealousy is a sign of pettiness...I see jealousy as me not seeing who I truly am and not seeing what I am truly



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worth...But as much as I hate feeling jealous...I choose to know that I don't have to be embarrassed about feeling that way...The jealousy is just information about me...It is information about my experience...It lets me know that I still need to work on my own self-esteem...It is information about my understanding of my own self-worth...And as much as I hate feeling jealous...I give myself permission to be easy with myself...I thank my experience for pointing out the areas where I need to grow...I can release my embarrassment because I appreciate the information that is coming from the jealousy...I can release my jealousy because I now know what I need to work on...And as much as I hate feeling jealous...I can appreciate that a part of me wants better for myself...That a part of me wants fairness and justice for myself.