



# TAPPING Q&A

## Pod #334: What If You Don't Believe Tapping Works?

<https://tappingqanda.com/2018/10/pod-334-what-if-you-dont-believe-tapping-works/>

There's a part of me that doesn't believe that tapping will work...It just seems too weird...There is no way that tapping on my body should improve my physical and emotional health...There is no way that something that looks so silly should work...Even if it has worked for other people...There is a part of me that doesn't believe it will work for me...Even if I've had success in the past...There's a part of me that doesn't believe that success will be long-lasting...I appreciate the fact that I don't want to do something silly...I appreciate the fact that I don't want to waste time on this...I give myself permission to trust the process...I give myself permission to try...Even though there's a part of me that doesn't believe it will work...I recognize the fact that the worst thing that could happen is that I'm going to waste a few minutes and look a little silly...Even if tapping only works one out of 20 times...It is worth looking silly for a few moments...It's OK for me not to believe in this...It's OK for me to doubt...Nothing will go wrong if I try...And it won't make my issue worse...The worst possible outcome is just wasting a few moments...I waste a few



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moments all the time on silly things...I might as well waste a few moments hoping I will be healthier...I appreciate the fact that tapping works even when I don't believe in it...Tapping is a mechanical process that does not require my belief...I give myself permission to try...I give myself permission to know it is OK that I don't know exactly how to do this...I give myself permission to step into this with a hopeful frame of mind...Even though I don't know if it will work...Investing a few moments and trying to be healthier is definitely worth a try.