



TAPPINGQ&A

Pod #343: EFT To Help You Say “I Don’t Know” (Pro-You Choices Part 2)

<https://tappingqanda.com/2018/12/pod-343-eft-to-help-you-say-i-dont-know-pro-you-choices-part-2/>

There’s a part of me that doesn’t want to look foolish...There’s a part of me that always wants to look like I am competent...There is part of me that always wants to look knowledgeable...There is a part of me that wants to look like I’m trustworthy...I want other people depend on me...I want other people to believe in me...I want other people to think I’m capable...I want other people to be able to trust me...I am afraid that if I say I don’t know...Other people won’t trust me...Other people will look down on me...Other people won’t think I am capable of being helpful...And they may judge me...But the truth is that it is useful for me to say I don’t know...Then everybody knows where they stand...People know what they can expect of me...I know what I can expect of myself...By being honest in this way...I will create the greatest success...I will be able to move forward in the most natural way...And I will be able to get the help that I need...Getting help means I will be successful faster...Because I’m not dependent upon myself to figure it all out on my own...I give myself



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permission not to know everything...I give myself permission to admit to others when I don't know...Being honest about what I don't know serves me and serves everyone else.