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Pod #387: Do These 3 Things Before You Tap For Maximum Success

There is a part of me that believes that I understand the issue I'm experiencing is because of very specific reasons...It's good that I'm trying to figure out the root cause...It's helpful for me to investigate the information I have...I give myself permission to be open to the fact...That even though I think this is the reason that I am the way that I am....It does not mean this is the reason I am this way...I am open to letting go of this story...I'm not going to dismiss my story...And I'm not going to say the story is wrong...But I also know that just because I believe I am this way because of a story...That does not mean it is a fact...As I tap today I am open to new information about my issue...So that I can truly clear it and and move forward in the most healthy way possible.

There's a part of me that wants to know the root cause...There's a part of me that wants to know why...Because if I know why...I will be in a position to prevent this from happening again...And that is a good motivation...It would be great to understand why...But if I wait to understand why...I may never heal this...It is possible that there might not be one specific reason or cause...It might be something that slowly crept in over time...And slowly changed the way I saw myself in the world...I give myself permission to resolve this issue without knowing exactly why and how it came about...I'm open to the possibility that I will know why as I go through this process...And if I uncover new information...I can use it to make better choices in the future...But just because it happened before doesn't mean it will happen again...And just because I don't know why it happened does not mean it will happen again...My healing is much more important than understanding why...When my healing happens and I move forward with my life...Then I will be healthier...I give myself permission not to know why in order to heal.

I understand that this is not a healing moment but a healing process...As my healing unfolds I know I'm doing it in such a way that it will be lasting...It

The logo features a stylized blue hand with fingers spread, positioned to the left of the text. The text 'TAPPING' is in a bold, blue, sans-serif font, while 'Q&A' is in a bold, grey, sans-serif font.

# TAPPING Q&A

would be great if it happened in a flash...It would be great if I could release this in a single session...But I'm more concerned with how long the healing lasts...And how deep the healing is...Than I am about how quickly it happens...If this takes five or six or seven weeks I am fine with that...In the scope of my whole life it is just a short time....And I'm okay with that...Because I want long-term health...I want long-term healing...This is a process...It's not a moment...And I give myself permission to be comfortable with the fact that it's a process...I give myself permission to let this process unfold in a way that will lead to long-term lasting health.