You can find the audio that goes along with this tapping script at
http://TappingPodcast.com

Pod #391: Tapping To Take An Action That You Failed At Before

There is part of me that is afraid to take this action…That is afraid to reach out to others…Because I'm asking them to do something that I think will work…But there have been times in the past where it didn't work out as planned…And it didn't work out as promised…So there's a part of me that is afraid to try again…It's afraid I'll try again and fail again…I recognize the fact because of my past experience I understand more…I know how to act differently…I learned a lot from that past experience…This time as I step into it…I'm going to do it more effectively…I'm going to do it more efficiently…I'm less likely to make mistakes…I'm more likely to make good choices…There is a part of me that doesn't believe that I can do this at all… That doesn't believe that it's possible…I give myself permission to recognize the fact that I am capable of doing this…It is something I've done before…It is something I can do again successfully…I give myself permission to trust myself…To trust my ability…To trust myself to respond to things that don't go perfectly…Because there is a part of me that knows I can handle situations that don't go perfectly…Anytime I am faced with something that I am not perfect at…I recognize it will take work…I recognize it will take effort…I want things to be easy…I want things to be smooth…But if I only did the things I am perfect at…I wouldn't move forward at all…I wouldn't learn new skills…And I wouldn't have grown and got to where I am today…There are lots of things that I have done where I have grown and improved in the process…I wasn't perfect…But despite that, it turned out better than I planned…I give myself permission to recognize that as I move forward…There will be be times where success requires more work than I like…And that's okay…Good things come from that work.