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### **Pod #396: Tapping For When We Have Let Others Down**

I recognize the fact that I made a big mistake...I made a commitment that I did not live up to...And making that commitment was a mistake...I wasn't thoughtful about my time...I wasn't thoughtful about my attention...I said yes to something I shouldn't have said yes to...So I let other people down...I made it harder for them to be successful...I made it harder for them to move forward...It hurts to let someone else down...Because we know how it impacts them...We can see the failing in ourselves...I like to think I'm competent...I like to think that I'm able...I like to think that I'm trustworthy...And I like to think others can count on me...But in this particular situation I didn't do what I should have done. In I didn't respond quickly...I didn't acknowledge my mistake until it was too late...Feeling disappointment in myself is my system's way of acknowledging that I haven't lived up to who I want to be...Feeling embarrassed is my system recognizing the mistake I have made...And knowing that others are seeing me and my mistake...There is a part of me that wants to stay stuck shame...Because it believes I should be punished for that with that uncomfortable negative feeling...But being stuck in shame is not helpful...It doesn't serve me...And it doesn't serve those I have injured...It is important that I learn from my mistakes...It is important that I take responsibility for my mistakes...It is important that I recognize the lessons I can learn from this error of judgment...It's important that I acknowledge to those I have hurt that I've hurt them...Staying stuck in shame does not serve them...Staying stuck in shame does not serve me...Staying stuck in shame does not serve the world...I give myself permission to recognize that I can take responsibility for my mistakes...Without having to stay stuck in shame...I can take responsibility for my human error and not stay stuck in shame...Regret is instructive...Shame is debilitating...I give myself permission to take responsibility and learn from my mistakes...Without having to relive them over and over again.