



Pod #416: Tapping For Urgency And Focus Without Fear

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

The fear that I am experiencing right now is trying to keep me safe...It's trying to keep me healthy...It wants me to avoid danger...It wants me to avoid struggle...I appreciate that it wants me to be safe...But the problem is when I experience fear...I also experienced fight, flight, freeze, or fog...Which makes taking the next action very difficult...In some cases it makes taking the next action impossible...I recognize the fact that my system is doing this to keep me safe...My system also doesn't want to lose the fear...My system is worried that if I lose my fear, I will become careless...I will become reckless...I will do something dangerous...Letting go of fear does not mean that I'm careless...Letting go of fear does not mean I'm going to do something unsafe...Letting go of fear does not mean I have stopped caring...Instead it is possible for me to move from distress to beneficial stress...It is possible for me to leave fear and move to urgency...When I act with a sense of urgency, I become focused...When I act with a sense of urgency, I gain clarity...When I ask for the sense of urgency, I move with purpose...I am safe...I am on guard...I am aware...Most importantly I am taking action...I appreciate that my system wants me to be safe...Fear is a consequence of my system wanting me to be safe...I choose to move from fear to urgency...Because when I work with urgency, I am safe and effective...I am safe and productive.