



Pod #193: EFT for Self-Respect

<https://tappingqanda.com/2015/10/pod-193-eft-for-self-respect/>

I choose to know I am worthy of respect...I choose to know that I am worthy of respecting myself...I don't need to do anything to prove that I am worthy of self-respect...I am made for self-respect...I don't need to do anything to gain my self-respect...I know I am not perfect...I know I make mistakes every day...I know there are things in my life I would like to improve...Even though I am not perfect...I am worthy of self-respect...I am worthy of seeing that I am good...I am worthy of seeing that I am lovable...It is possible to see that I am worthy and still know that I would like better...By respecting myself I am not stopping my growth...By respecting myself I am not stopping my healing...Who I am is not determined by other people...Who I am is not determined by what others think...My value is not determined by other people...My value is not determined by what other people think...I choose to know I am worthy...I choose to know I am lovable...I choose to know that I am worthy of being heard...I am worthy even if I don't believe I am worthy...My belief in my worthiness is not a prerequisite to my worthiness...I am worthy of respect even if I don't believe it right now.