



## Pod #254: EFT For The Frustration Of Not Doing EFT

<https://tappingqanda.com/2017/01/pod-254-eft-frustration-not-eft/>

*I recognize the fact that there is a part of me that doesn't want to tap...That doesn't want to transform...That doesn't want to change the state that I am in...It would much rather stay static...It would much rather stay in one place...Because not doing anything feels so much safer...Even though there is an issue at hand that needs to be tapped for...There is a part of me that is afraid...If I change this I don't know what I'm going to change into...Even though this is uncomfortable...Even though this isn't perfect...It is known...It is predictable...It makes sense that I want to stay in this place...I give my system permission to know it is OK for me to feel stuck...Because staying stuck is a way that I can stay safe...Or at least that's how it feels emotionally...Even though intellectually I know this is not the place that I want to stay...Emotionally I am stuck...I give myself permission to be easy with myself...There is a part of me that is beating myself up because I'm not doing what I can to change and transform myself...I am frustrated with the fact that I am unwilling to reach for the tools at my disposal...I feel like a failure...I am ashamed...Because I'm not doing what I need to do...I'm not doing what is best for me...I give*



# TAPPING Q&A

*myself permission to make a fresh start...Regardless if I have tapped for it in the past or not...I give myself permission now to make good, useful choices...To help me to move forward in a way that is healthy...Beating myself up for not tapping in the past will not help me in the future...I give myself permission to allow myself to make the choices in a new way...It is safe for me to transform...It is healthy for me to transform...It is good that I'm willing to do the work...I give myself permission to tap for that issue that I've been afraid to approach...Knowing that I don't have to take care of it all right now...Knowing that I don't have to take care of it all at once...But it is an easy process that I am allowed to move through...I give myself permission to start right now...Making good, healthy choices to take care of myself.*