



Pod #272: EFT For The Frustration Of Stalled Progress

<https://tappingqanda.com/2017/05/pod-272-eft-frustration-plateaued-progress/>

Right now I am frustrated by the fact that I am not moving forward...No matter what I try...I'm not making any progress at all...When I am stuck in this place...It's difficult for me to focus...It's difficult for me to take action....It is difficult for me to believe that it is possible to be better...Right now I am trying really hard...I'm doing everything I know how to do...I'm putting forth full effort...But it's making no difference at all...It feels like a waste of time...It feels like I'm going backwards...It feels like no matter what I do, it is useless...Not only am I questioning what I'm doing right now...I'm questioning everything I did before...Was my past success a fluke?...Were my past efforts actually helpful?...I hate feeling stuck like this...I hate feeling like I can't move forward...Even though all of this is true...I can recognize the fact that this is a process....Sometimes when we are in the middle of a process...It doesn't go as smoothly as we would like...It doesn't move forward as easily as we would like...I recognize the fact the effort that I am putting forth right now is adding to my success...Even if I can't see the success in this moment..Even if I can't feel that success



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with this effort...I'm not going to be stuck like this forever...The simple fact that I have invested some time to try and transform this issue...To keep moving forward...Is good...I give myself permission to do the work...To know the results are going to come...Even if they're not coming right now...Even if they're not coming as fast as I would like...The results are going to come...I trust myself...I trust the process...I trust my toolset...Knowing that when I put forth this effort...I'm eventually going to make progress...I am open to the possibility of that progress being quick...I am open to the possibility of that happening easily...I give myself permission to trust myself...I trust the process...To keep taking action...Knowing that this will ultimately lead me to my goal.