



Pod: #276: The Difference Between Knowing What To Do And Doing It

<https://tappingqanda.com/2017/06/difference-knowing-pod-276/>

I recognize the fact that I am not perfect...I recognize the fact that I will make mistakes...Even though I can intellectually accept that fact...There is a part of me that does not want to accept that...There is a part of me that thinks I need to get it right...Especially when I have the skills...Especially when I know what to do...When I don't use the skills that I have...There is a part of me that decides to beat myself up...There is a part of me that needs to let me know that I am wrong...There's a part of me that wants to punish me for this mistake...I appreciate the fact that something in me wants to hold myself to a very high standard...I appreciate the fact that there is a part of me that wants me to make the best choices possible...I also recognize the fact that this part of me is over functioning...That this part works way too hard...That this part believes if it beats me up for making a mistake...I will then make good choices in the future...I know this isn't the case...I know that harsh words and beating myself up are not helpful...I know chastising myself is not useful...I give myself permission to be easy with myself...I give myself permission to be gentle with myself...I give myself permission to be kind to



TAPPING Q&A

myself...There's a part of me that finds this unacceptable...There is a part of me that believes I'm taking the easy way out...There is a part of me that thinks that when I am easy with myself...What I'm really doing is giving myself permission to make more mistakes...But when I'm easy with myself I can still take responsibility for my past choices...When I'm easy with myself I can still take responsibility for the consequences of my choices...When I'm easy with myself I am still deciding to learn the lessons of the past...Learning from my past is useful...Learning from my past is instructive...Beating myself up for bad choices is destructive...I give myself permission to be imperfect...I can be imperfect and still strive to do my best...I give myself permission to be easy with myself...Knowing that being easy with myself is not letting myself off easy...When I learn from my past without beating myself up...It is the fastest route to transformation...It is the fastest way to creating positive new habits.