



Pod #278: EFT For When You Are Unwilling To Accept Help

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I recognize the fact that I want to do it all...I want to take responsibility for myself...I want to take responsibility for my work...There is a part of me that feels as if I am failing if I ask someone else for help...There is a part of me that feels like I am being a burden if I ask someone else to assist me...It's good that I want to take responsibility for myself...It is good that I'm thoughtful in the ways that I ask for help...It is good that I don't want to be a burden to other people...But there are some truths that I need to accept...I need to accept the fact that I cannot do this on my own...I need to accept the fact that I do need help in this world...I need to accept the fact that they're actually people who would love to help me...There are even people in my life who are offended because I don't ask them for help...It is not a failing to ask for help...It is not a weakness to ask for help...It is not a failing to look to others for help...Because I am human...Help is something that I need...Because I'm human...I need to connect with others...I give myself permission to know that that is appropriate...I give myself permission to know that that is healthy...I give myself permission to know that this is how transformation will happen in the long term...I give myself permission to know I'm worthy of that help...I give myself permission to know I'm



TAPPING Q&A

allowed to ask for that help...I give myself permission to know it is the right thing for me to do...To ask for help in big and small ways...I can't do this on my own...That is perfectly OK...That is allowed...I give myself permission to be OK with that...This does not mean I expect others to do everything for me...This doesn't mean I'm giving up responsibility in my own life...It only means I am willing to do the work...And I am willing to reach out to get the help I need.