



TAPPING Q&A

Pod #282: EFT For Feeling Bad For Wanting More AND Feeling Bad For Not Having More

<https://tappingqanda.com/2017/08/pod-281-eft-feeling-bad-wanting-feeling-bad-not/>

I have desires...I have goals...There are things that I want to have to be better...There are parts of my life I would like to transform...There are things in my life that I would like to heal...But I have a lot of emotional baggage around desire...Part of me feels bad because I have desires...Part of me feels bad because I want more...My desire feels selfish...My desire feels greedy...Because even though my life isn't perfect...I still have more than many...If I want more...It means that I am ungrateful...It means that I am unappreciative...It means I am being selfish...Because if I were truly thankful I would appreciate what I have and not want more...I give myself permission to know I can be grateful for what I have and still want to have more...I can appreciate where I am and want to make changes...Wanting more is not selfish...Wanting better is not greedy...It is possible for me to want more...It is possible for me to have more...Without robbing others of opportunity...Without robbing others of what they need...Improving my own life is not detrimental to others...Improving my own life gives me the opportunity to lift others up as well...Desiring more is



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safe...Wanting more is healthy...Lifting myself up can lift others up...Improving my status is not greedy...

Desire can also be painful...Because it points out what I don't have...It points out what I have not achieved...There is a part of me that interprets this lack as a failing...There is a part of me that interprets the lack as a judgement...Lack says that I am unworthy...Lack says that I am not good enough...Lack says that I am failing...Because if I were good enough...I would have already achieved it...If I were worthy of success...I would have success...Seeing others with success tells me they are good enough and I am not...Tells me they are valuable and I am not...I give myself permission to know it is possible for me to evolve to being able to recognize the fact that not achieving is not a statement on my worth...That not having is not a statement on my value...It is simply a statement of where I am in this moment...It is simply a statement of the process that I am in...I give myself permission to embrace the fact that this is a process that is unfolding in a gentle natural way...That is allowing me to achieve...My current status is not a statement on who I am...My lack of achievement is not a statement on what I can be...Where I am is simply a statement of where I am...In this spot I am worthy...In this spot I am whole...I am capable of more...I can work towards more...I appreciate where I am in this moment...I give myself permission to continue to have desires...To use my desires as a motivation...As I continue to move forward...As I continue to evolve...In big and small ways.