



TAPPING Q&A

Pod #311: EFT To Give Yourself Permission To Be Angry

<https://tappingqanda.com/2018/03/pod-311-eft-to-give-yourself-permission-to-be-angry/>

I know I have a rich emotional life...My emotions are useful...My emotions are one way in which my system communicates with me...And because of this...It is useful information...I also recognize the fact...That there is a part of me that thinks I am above emotional responses...That believes I have transformed so much...That I should no longer be overcome by these emotions...I should be able to deal with everything...In a calm and reasonable way...The fact that I am feeling these emotions feels like I have failed...Feels like I have made a mistake...Feels like I haven't evolved as much as I think I have...But I give myself permission to know that I'm allowed to feel my emotions...I give myself permission to feel the whole spectrum of emotions...I give myself permission to know that emotions are healthy...I give myself permission to know my emotions are natural...I don't want my emotions to be disproportionate...I don't want to lash out at others with my emotions...But I am allowed to feel them...I am allowed to experience them...It is healthy for me to feel deep emotion...It is not a failing to feel emotion...It is not a shortcoming to feel emotion...Emotions are information...It is unhealthy for me



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to repress my emotions...I give myself permission to articulate my emotions in a clear honest and authentic way...I am healthier when I articulate my emotions...I am happier in the long term when I articulate my emotions...I give myself permission to feel...I give myself permission not to hold back...I give myself permission to grow through my emotional experience.