



Pod #314: Releasing Limiting Beliefs

<https://tappingqanda.com/2018/05/pod-314-releasing-limiting-beliefs/>

Here is the tapping script that you are going to use as part four of this process. In the audio above, not only do I share the first 3 steps.

I know that I am approaching this just like the people in my life...and I know that approach is not serving me...but there is a part of me that doesn't want to let this belief go...there is a part of me that believes that if I let this belief go then I am letting them go...that I am saying that they are wrong...I am saying that I don't love them...I am saying that I am not grateful for what they have done for me...but I know this is not true...I can let go beliefs that they had without letting go of them...I can know that I love them and that they love me and not hold everything they said or did as true...They were imperfect...and it is OK to say that they were and are imperfect...and there are many beliefs that served them in a time and place that don't serve me...they want what is best for me...and they might think that one way is right...but even when they want things for me that aren't perfect for me...they do this because they want what is best for me...I can do what is best for me and love my parents...I can do what is best for me and appreciate everything they have done for me...I can do what is best for me and



TAPPING Q&A

keep the relationship strong...letting go of something they have given me is not the same as letting them go.