



## Pod #317: EFT For Feeling Like An Outsider

<https://tappingqanda.com/2018/06/pod-317-eft-for-feeling-like-an-outsider/>

I feel like an outsider...I feel like nobody gets me...Even if there were the time and space to explain myself...They still wouldn't understand...Or they wouldn't accept me...Or they would say I don't belong...It is painful being in a situation where I am surrounded by people...And yet I feel completely alone...When I sense a connection in the room that I'm not a part of...It feels like there is no entry point...Where I feel like my presence is a burden to others...The only thing to do is to try to escape...I recognize the fact my emotions are working way too hard...I recognize the fact that I do have common ground...There are connections that I can make...I don't always have to feel like I'm on the outside...Even if they don't fully understand me...I do have something to offer...There are ways that we can connect...Even if I am not totally at home I can find connection...I can find community...I can be accepted for who I am...Without having to prove myself...I am valuable...I have something to offer...I can connect in a true human way...I am not as alone as I feel...I do not have to fear...



# TAPPING Q&A

can be completely who I am...Even though it feels scary to be vulnerable...Even though it feels overwhelming to be who I am...Even when it feels like I have nothing to offer...Or that they will never understand...I give myself permission to trust myself...I give myself permission to trust others...I give myself permission to believe in human connection...Knowing that I can create space where I feel at home...My fear of judgment is trying to keep me safe...My fear of judgment is working way too hard...This does not mean I become careless...This does not mean I become reckless...This does not mean I become completely unguarded...Trusting myself and trusting others does not mean I'm letting all of my barriers down...I can be more open and connect more while still keeping myself safe...While still keeping myself healthy...I give myself permission to trust myself...I give myself permission to trust others...I give myself permission to know that I am acceptable...I give myself permission to know that I am lovable...I am lovable in big and small ways.