



Pod #322: EFT When Having To Learn Something New (Productivity Series: 3 of 7)

<https://tappingqanda.com/2018/08/pod-322-eft-when-having-to-learn-something-new-productivity-series-3-of-7/>

I recognize I need to do something to do...To take action towards something that is new for me...When I'm having to do something that is new for me...It is easy for me to feel incompetent...Because I am when it comes to this particular task...I don't like feeling incompetent...I don't like feeling dumb...Every single thing that I am able to do...I had to learn how to do it first...Even the things that I do the best...At one point I couldn't do them all...I give myself permission to know it is okay to feel incompetent...It is okay that I don't know how to do this...I know I will learn how to do it...It can also be difficult to start with something new...Because I don't know where to start...If I knew how to do this I would know where to start...Figuring out where to start as part of the learning process...I give myself permission to just begin...As I take action I will learn...as I take action I will understand more...This means it will be easier for me to move forward...In thoughtful and deliberate way...As I learn how to do this I will learn what the next step is...As I learn something new I am afraid that other people are



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going to recognize the fact that I don't know what I'm doing...They are going to judge me as being stupid...They're going to judge me...I trust myself to know it is okay for me not to know...The judgment from others is not important when it comes to me having success...I give myself permission to be okay that others might see me being unsuccessful...As I learned how to do this...Eventually they will see me as successful...Because I will have learned what to do...I trust that in this process my belief in myself is more important than others judgment...This will allow me to take action...I will end up knowing how to do this well.