



TAPPINGQ&A

Pod #326: EFT For When Others Judge Our Success (Productivity Series: 7 of 7)

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Other people notice the action I am taking...Other people notice the success that I'm having...Because they notice what I am doing...They are judging and evaluating my progress...They are judging and evaluating my success...I don't like being judged...There's a part of me that just wants to belong and be like everyone else...There's a part of me that's uncomfortable and afraid of their judgment...And of the rational and irrational consequences of that judgment...Sometimes people judge me because they think my dreams and goals are foolish...Sometimes people judge me because they're jealous of my success...Sometimes people judge me simply because I'm willing to follow my dreams...And sometimes people judge me because they think I am judging them...They are worried that my success makes me feel like I am better than they are...But none of these judgments is about me...They are not about my success...Even though that is how it feels...In reality these judgments are about the people who are judging me...They don't feel good about where



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they are...They don't appreciate the progress they are making in their own lives...Because I'm doing something they are not...They feel like my progress is about them...Because it might be pointing out the things they have not yet achieved yet...When I experience and feel this judgment...It makes me reluctant to take action...Because I don't want to be judged in this way...I give myself permission to be comfortable with my success...Knowing that it doesn't matter what others may think and feel about my success...Because my success is not me...My success is about my action...My success is about how I move forward...They're allowed to think whatever they want...And if they want to waste time thinking about me...They're allowed to do exactly that...But I choose to focus on my action...I choose to focus on how I'm going to move towards my goals...I'm going to let go of my concerns...Because this is about me...And my progress...And I need to put myself first.