



Pod #327: EFT for Believing In Yourself

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Sometimes I feel like I'm alone...The people around me don't understand the work that I'm doing...They do not understand the healing tools that I'm using...To transform and heal myself...Some of them are not interested in change at all...When I am surrounded by people who do not care...It's easy to lose my motivation...Because I feel like I'm alone...I feel like no one understands me...I feel like I'm the only one who cares...But even if I'm in a situation where the people closest to me don't care...I know that I am not alone...There are people all over the world working to heal and transform themselves...There are people all over the world trying to make the world a better place for themselves and for others...Thousands of others are tapping along to these exact same words...Thousands of people are looking for a similar type of transformation...Even if I don't know them personally...We are on this journey together...The effort that they are putting in to make the world a better place is also impacting my world...My tapping and energy is impacting their lives as well...Even when I feel alone...I know that I'm not alone on this journey...I give myself permission to keep putting forth the



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effort...And I choose to keep trying...Knowing that there are others who want me to be successful...Even if I don't know them personally...Each small amount of effort that I put in contributes to the greater good...I trust that my efforts are useful...And I know that I'm not alone in this work of transformation and healing.