



# TAPPING Q&A

## Pod #328: How And Why Your Past Experience Impairs Your Ability To Heal

<https://tappingqanda.com/2018/09/pod-328-how-and-why-your-past-experience-impairs-your-ability-to-heal/>

I have picked up a belief about myself or the world that is not useful...It actually makes my life harder day to day...And as I acknowledge this is no longer useful...I'm not blaming myself for picking up this tool...I am not blaming myself for picking up this belief...When I picked up this belief...I thought it was something that I thought would truly serve me...I'm also not blaming the people who gave me this belief...They were doing the best that they could when they were teaching me...I also do not blame them because they might not have realized they were teaching me in that moment...They were doing the best they could and I was learning lessons from that...I give myself permission to let go of this belief...Because it is a tool that is no longer useful to me...I now recognize a more useful way to navigate the world...I now recognize more useful way to respond to my problems...At some point in the future...If need this belief again...I'm allowed to pick it up again...But if I choose to pick it back up...I will do so consciously because it is useful...It's also possible that I will never pick up this belief again...I acknowledge that the beliefs about myself...And



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about the world...Are picked up with all good intention...But they are no longer useful now...When I picked them up in the past...I was doing the best that I could...Letting go of them now is the best that I can do right now...It is okay for me to let go of these experiences...It is safe for me to let go of these beliefs...What is most important is not my past...But instead what I choose to believe right now...I give myself permission to believe what is useful right now.