



Pod #330: If everything is getting better, why do I feel worse?

<https://tappingqanda.com/2018/09/pod-330-if-everything-is-getting-better-why-do-i-feel-worse/>

I recognize the fact that I am in process...I recognize the fact that this is an evolution...As I do my work...I am getting better...I'm getting healthier..But because of the nature of healing...It is very easy for me to miss the progress that I am making...When I heal I stop noticing the issue that I just healed...My focus goes to what is unhealed...I don't get the opportunity celebrate what I have just healed...Because my system has already moved on to the next issue requiring my focus and transformation...And because of this...I can actually feel worse...Because the types of emotions I am tuning into are different...These emotions cut more sharply...They are now emotions that cut deeper...They are no longer practical problems with obvious solutions...They are deep, emotional problems...And these types of problems weigh on me in a different way...I give myself permission to know that it is OK to feel like my issues are getting worse right now...But at the same time...I actually know that it is not getting worse...I am getting better... Even though my emotions are focusing on what is still



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wrong...I give myself permission to trust myself...I give myself permission to trust the process...To know that even though it feels bad in this moment...My life really is improving...I am moving forward...And mistakenly believing that it is actually getting worse...Is a perfectly natural part of the process...I recognize that it is OK to feel this way...As I keep moving forward...As I keep healing...As I keep transforming my life.