



## Pod #338: Using EFT To Give Thanks (Even when it is hard to give thanks)

<https://tappingqanda.com/2018/11/pod-338-using-eft-to-give-thanks-even-when-it-is-hard-to-give-thanks/>

It's not always easy to give thanks...Because I live in a world that is far from perfect...I encounter burden and struggle...Things don't always go as planned...I experience pain in my life...And when I feel pain...When I don't have what I want or need...It can be difficult for me to give thanks...It can be difficult for me to feel appreciation...But when I give thanks, I'm not denying the reality of my circumstance...When I give thanks, I'm not saying everything is perfect...Giving thanks does not mean I'm giving up on my efforts to improve my life...Giving thanks simply means I can look honestly at what is going on...There are things that I can be grateful for...There are things that I can appreciate...I give thanks for the good things in my life...I give thanks for the positive relationships in my life...I give thanks for this opportunity to take time today...And as I continue to move forward...I appreciate this day...I appreciate what is in front of me...I appreciate being able to move forward...I give myself permission to give thanks...I give myself permission to be fully in this moment...I give thanks.