



TAPPING Q&A

Pod #341: Tapping For When We Hurt Others

<https://tappingqanda.com/2018/12/pod-341-tapping-for-when-we-hurt-others/>

I recognize my actions have hurt someone else...I recognize the fact that my thoughtlessness has caused pain...Just because I didn't intend to hurt the person doesn't reduce their pain...Their pain is real...And it deserves to be recognized...I need to take responsibility for causing that pain...I hate being in a circumstance where I have hurt others...I hate it when I make choices that make life more difficult for others...I wish I hadn't caused this pain...I commit to doing what I can to make it right...I know better than this...I know I shouldn't have acted in that way...And I feel like a failure because of that fact...I know I have failed in this particular moment...Because I want to be better than this...I think of myself as a better person than this...I need to act better than this...I give myself permission to learn from this moment...To recognize the fact that I can and should make better choices...Even though I can't change the past...I can ensure that I learn from the past and make better choices in the future...This mistake is a challenge for me to do better... This mistake is a challenge for me to be better...I give myself permission to do exactly that...Even though I can't take



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this moment back...I give myself permission to be a new person in the way that I move forward...I challenge myself to act better in the future...And I commit to accepting that challenge.