



TAPPING Q&A

Pod #344: Putting Yourself First with EFT (Pro-You Choices Part 3)

<https://tappingqanda.com/2018/12/pod-344-putting-yourself-first-with-eft-pro-you-choices-part/>

I feel guilty whenever I think about taking care of myself...I feel selfish...I feel mean...When I take care of myself...I feel like I am letting other people down...Because so many people are dependent upon me...The people around me are struggling...The people around me are in pain...I don't want them to struggle...I don't want them to be in pain...I don't want them to have difficult times...But if I spend all of my time taking care of everyone else... Then I'm not going to be healthy...I'm not going to be safe...I'm not going to be in a good position moving forward...I need to spend time taking care of myself...Because if I don't take care of myself...No one else will do it for me...Taking care of myself is my responsibility...Taking care of myself is something I must do...Taking care of myself is important for the short and long term...If I don't take care of myself...It will be impossible for me to take care of anyone else...If I don't take care of myself...No one else will do it for me...I must take care of myself...I know that's not just a suggestion...It is an imperative...And when I take the time to take care of myself...I am happier...I am healthier...I am safer...When I am healthier...The world is a better place...When I



TAPPING Q&A

am healthier...It is easier for me to respond to the needs of others...When I am healthy or I make better choices...I give myself permission to take care of myself...And I give myself permission to not feel guilty about that...I am worthy of taking care of myself...I give myself permission to take care of myself.