



Pod #365: EFT for Feeling Like a Fraud

<https://tappingqanda.com/2019/05/pod-365-eft-for-feeling-like-a-fraud/>

I know what my interior life is like...I know the thoughts that I have...I know the feelings I have experienced...I know when I'm afraid to take action...I know when I'm insecure about what I'm doing...When I see others around me taking action...I assume they are calm...I assume they are confident...Because all that I can see is their outside...I don't know their emotional state...I don't know their internal dialogue...I don't understand their true level of confidence in the moment...When I don't understand their emotional state and I do understand my emotional state...It's easy for me to make an unfair comparison...I assume they have everything together...And I know that I don't know what to do...Therefore I don't feel like I belong...I feel like I shouldn't be respected...I feel like I have less to offer...I feel like I'm a giant fraud...And when I feel like I'm a fraud...I'm even more hesitant to take action...I'm afraid that I'm going to be found out...I'm afraid they're going to see me for who I truly am...I believe they are going to think less of me...The truth is that I do belong...The truth is I do have much to offer...The truth is they aren't as confident as they



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seem...Because they have an internal dialogue as well...They have an internal emotional state as well...When I feel like a fraud...It is because I'm making an unfair comparison...I'm comparing their external facade with my internal turmoil...That's not fair to me...That is not a fair comparison...I give myself permission to feel present and connected...I give myself permission to know that I belong...I give myself permission to know that I have something to offer.