



Pod #376: Tapping For How We Act Based On How Others See Us

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I know that other people have impressions of me...They have beliefs about who I am...They have beliefs about what I am capable of...They have beliefs about how I act...And I also have an impression of what I think other people think about me...Based on who I am...Based on my experience...Based on her past interactions...I have written a story inside of my head about how they navigate the world...I've written a story inside of my head about what they think about me...It is possible that the story I have written about what they think about me has nothing to do with what they actually think about me...I'm in a situation where I respond to what I think they think...Because for me what I think they think is the reality I operate in...And my emotional response comes from this...The action I take is informed by it...This means my actions and emotions are impacted by a story written inside my head about what I'm guessing they think about me...It doesn't matter if this is what is really going on...Because I am responding



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emotionally to the story that I have written...I give myself permission to let go of these stories...I give myself permission to know I don't have to respond in this way...I give myself permission to define myself in my own terms...I give myself permission to choose who I am...Not what other people think I am...Not what I think other people think I am...But who I am...It is safe for me to be authentically me...It is safe for me to be my true self...It is safe for me to make choices and actions based on who I am...Knowing that it does not matter what I think others think about me...The reality is most people aren't thinking of me at all...They are so wrapped up inside their own experience they are completely missing me...I am not crossing their mind...And since I'm not crossing their mind...It doesn't matter what I think they think about me...All that matters is me being myself...It is safe for me to be myself.