



You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

Pod #384: Tapping To Give Yourself Permission To Quit

I've been told the quitting is wrong...I have been told that quitting is a failure...I have been told that quitting is a sign of weakness...I've been told that quitting as a sign that I don't care...I have been told that quitting is selfish...And because that is the case, it is hard to quit...It is hard to let go...It's hard to move on...Because I don't want to be judged...I don't want to be seen as weak...I don't want to be seen as letting other people down...The reality is that there are things I need to quit...The reality is that there are things that I need to let go...It is OK to let go of what is no longer useful...It is OK to let go of things that are no longer helpful...It is OK to let go of things that are no longer healthy...When I quit, I might receive push back...When I quit, I might receive judgment...When I quit, I might be seen as less than...In the end it doesn't matter what other people think...In the end it doesn't matter how other people judge me...This is my life...This is not their life...They are not the ones living through this...They are not the ones having to experience this...I give myself permission to know it is OK to let go of old commitments...The world is different from when I first made that commitment...The circumstances are different from when I first made that commitment...And I am different from when I first made that commitment...I must take responsibility for the consequences of quitting...I might have to confront others when I decide to quit something...It is OK for me to quit...Quitting is not the same as failing...Quitting is the result of a thoughtful decision...That makes sense for me...I give myself permission to let go...What is more important than my past choices is what I choose next...And the life I choose to live...It is OK for me to quit...Because when I quit...I'm making the best choice for myself right now...And I'm making the best choice for myself in the future.

The logo features a stylized blue hand with fingers spread, positioned to the left of the text. The text 'TAPPING' is in a bold, blue, sans-serif font, while 'Q&A' is in a bold, grey, sans-serif font.

TAPPING Q&A