



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

### **Pod #397: Tapping To Deal With The Frustration Of Backsliding**

I really appreciate tapping...I appreciate everything that it has done for me...I appreciate how it has expanded the way I see myself...I appreciate the fact that tapping has helped me to clear so many issues...Sometimes doing work is nothing but work...It takes time...It takes effort...It takes diving into deep emotional issues...It is frustrating that when I invest all that time and effort...And think that I have made progress...And feel like I've made progress...And believe I've made progress...Only to find out I'm not done...Only to find out I'm still wounded...Only to find out that my emotions can overwhelm me...It's really disappointing...It feels like I failed...It feels like I'm never actually going to get through this...It feels as if any progress I make is fleeting...It feels as if any progress I've made is not enough...It feels that no matter how hard I try...I will always be stuck...It is so disappointing...I feel like the toolset is letting me down...I feel like I've let myself down...I feel like I've failed...I feel like I'm going to be stuck here forever...Part of me wants to give up on the healing work...If I'm just going to stay stuck in this place...If I'm not actually going to make progress...Why bother trying...Why bother tapping...Why bother doing any of this at all...On some level I know this is my frustration talking...It is the part of me that's overwhelmed with emotion that is talking...I know that tapping has made a difference...I know my life is better...I know progress is happening...I know growth is happening...I know expansion is happening...I know healing is happening...Part of me wants more...And I'm glad I want more...I'm glad I'm not satisfied with where I am...Even though there's a part of me that is impatient...It's a part of me that wants better now...I appreciate that a part of me wants better now...There's a part of me that is frustrated...The part that is frustrated wants better now...I'm glad it wants better now...I give myself permission to continue to be easy with myself in this process as I slowly make progress...To be pain this process as I slowly move forward...Strides are being made...Healing is happening...This is just a bump in the road...This is recognition that nor work needs to be done...This is an opportunity for more growth...I would be happy with an opportunity for more growth again...I would be happy with no more

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

speed bumps...I recognize the fact...That as I move forward there is work to be done...I am open to that work...I need to do that work...I am grateful for that work...I am lucky to have the opportunity to do that work...I am grateful for the healing that came before this...I still have a lot to do...More than I would care to admit...But the progress is happening...The healing is coming...In big and small ways...The healing is coming.