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Pod #399: Just Because Something Feels Personal Doesn't Mean It Is (And How To Respond With EFT)

What happened right now hurt...What happened right now hurt me personally...It feels as if that person doesn't care about me...They don't understand how their choices impact me...But just because it impacts me in a personal way...Does not mean they were trying to hurt me...It's possible I'm a casualty of something else...It is unfair that I've been hurt...I'm allowed to stand up for myself...I'm going to make sure others take responsibility for their choices...I have the right to defend myself when I am hurt...And it is also good for me to recognize that sometimes even when it hurts me personally...It's not about me personally...When I see it's not about me personally...I'm able to respond more thoughtfully...It's good to stand up for myself...It's good that I don't let others run over me...It's also important to understand how and why I got run over...It's important to understand how and why I felt hurt...So I can respond in the best way possible in the short and the long term.