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### **Pod #409: Sometimes the worst choice is not choosing anything**

There's a part of me that is afraid that I'm going to make the wrong choice...I'm going to go the wrong way...That I'm going to waste time and energy...Or that I'm going to head in the wrong direction...Making it impossible for me to get where I want to go...But the truth is that as long as I don't take action...I am missing opportunity...I am missing chances...When I don't take action and make a choice...What I'm really doing is making a choice...

Choosing to say no to the opportunity in front of me...I'm choosing to say the opportunity in front of me isn't right for me...I'm choosing to do nothing...And that is also a choice...It is good that part of me is trying to keep me safe...It is good that part of me is trying to keep me on the right path...But it is working too hard...And it is keeping me from the things I need to be doing...So I give myself permission to make choices...

To take action...Knowing that I can choose again...Knowing I can learn from my choice...Knowing that my choices don't have to be perfect for me to end up where I need to be...I give myself permission to make choices and to make the choices that I am in control of...Because when I make no choice...I'm choosing to let opportunities pass me by... I now choose to be in control by consciously taking action.