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### **Pod #414: Tapping For When We Want Others To Change**

I really want what's best for my loved ones...I want them to be happy...I want them to be healthy...I want them to find joy in this world...But there are times when I think I see a better path than the one they are on...There are times in which I think I see a better way...

There are times in which I can see the pain that they are in and I want better for them...I'm glad there's a part of me that wants better for my loved ones...I'm glad there's a part of me that wants to share good things with my loved ones...

At the exact same time I can't be responsible for them...I can't be responsible for their emotional state...I can't be responsible for their choices...I can't make their choices for them...Even if they wanted me to be responsible for them..

And I wanted to be responsible for them...It would be impossible for me to be responsible for them...Because they have free will...They have control...It is their life...I can want better for them without running them over...I can want better for them without telling them what to do...I can want better for them even in the face of them making choices that I don't think are healthy...I want what is better for them and at the same time I acknowledge it is their life...I want what is better for them but it is their choice...I want what is better for them..

I appreciate that there's a part of me that wants to fight for them...But it is their life and they are making their own choices...Recognizing this is sometimes hard for me...And I acknowledge that recognizing this is best for them...And it is best for me.