



All The Choices You Make Are Functional (Pod #420)

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

I make a lot of choices that I'm not happy with...I make a lot of choices that in hindsight I wish were different...I even make choices that are unhealthy for me...I even make choices that make my life harder...But I recognize that all of these choices are functional choices...All of these choices are based on the information I have at the moment of the choice...All of these choices are based on the resource state that I'm in when I make them...And because that is the case I don't always make the best choices... Sometimes my emotions get the better of me...Sometimes I don't have all the information...Sometimes I'm just acting out of habit with no conscious thought at all...By recognizing that the choices I make in the moment are functional...By recognizing that the choices I make are impacted by my emotional state...By recognizing the fact that my choices are impacted by the information I have in the moment...Makes it easier for me to be gentle with myself...Makes it easier for me to be gentle with my choices...Makes it easier for me to understand why I'm making the choices that I'm making...This is not giving me a free pass...This is not me letting myself off the hook...This is not me trying to escape taking responsibility for my choices...This is me recognizing that I am human...This is me recognizing all of the things that impact my choices...And by being gentle with myself...I'm not giving myself a free pass...I'm actually setting myself up for better choices...I'm giving myself space to evaluate the choices I've made in the past with a clear head...I'm allowing myself to move forward in a thoughtful and deliberate way...I'm giving myself permission to heal...I'm creating the space for that healing to take place...By recognizing my choices are functional...I'm understanding why I am making the choices I'm making...I'm not making up excuses...I'm creating a platform for transformation...I'm not hiding from the moment...I give myself permission to be gentle with myself...I give myself permission to be gentle with my choices...I give myself permission to be in progress...Because I am not

The logo features a stylized blue hand icon on the left, with fingers pointing upwards. To the right of the hand, the word "TAPPING" is written in a bold, blue, sans-serif font. To the right of "TAPPING", the words "Q&A" are written in a bold, grey, sans-serif font.

TAPPING Q&A

finished...I am still moving through who I am becoming...And I'm learning from each experience...I'm learning from every choice...If I do this, I will make more functional choices...If I do this, I will make healthier choices...If I do this, I will move forward in a way that serves me best...I give myself permission to recognize my humanity...And how and why I make the choices that I make.