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Pod #440: What I learned about tapping from Dolly Parton

I know my emotions are just information...My emotional guidance system is communicating with me all of the time...My emotions are just my system letting me know how I'm interpreting what is going on around me...

My emotions are what shows up after I evaluate the situations I'm in...Emotions can feel big...Emotions can feel overwhelming...Sometimes my emotions can feel like too much...I know that if I don't experience my emotions now, I will experience them sometime in the future...Bottling up my emotions just means I'm not dealing with them right now...I will have to deal with them at some point...

There's a part of me that is afraid that if I feel my emotions deeply, my emotions will overcome me...It is afraid that my emotions will consume me...That my emotions will derail me...It is good that I recognize how my emotions impact me day to day...I also know that when I commit to my emotions fully I can understand what they're trying to communicate...

I can understand if they are well informed...I can understand if they are proportionate...It is good for me to feel my emotions...I can then process my emotions...I can learn from my emotions...I can heal my experience...I can move on...I give myself permission to be gentle with my emotional state...

Knowing that it can be overwhelming...When I am easy with my emotions and when I am easy with myself...I can create the space for transformation...I create the space for healing...I give myself permission in a healthy way to commit to my emotions...When my emotions are heard it creates space for healing.