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## Pod #446: Tapping To Move From Emergency to Urgency

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I recognize that my fear is trying to help me...The fear that I'm feeling is helping me to identify danger...The fear that I'm feeling is trying to point out pitfalls...The fear that I'm feeling is trying to keep me safe...I appreciate that my system wants me to be safe...I appreciate that it doesn't want me to be in danger...But in this particular instance the fear is over functioning...It is working way too hard...It is making it difficult for me to act...The fear is causing fight, flight, freeze, or fog inside me...Experiencing any of those makes it difficult for me to take action...There's also a part of me that is afraid that if I let go of the fear, I will become too casual...That I'm going to become reckless...I'm going to become thoughtless...It is worried that the only reason that I am taking action is because of the fear that I'm feeling...In this situation feeling urgency is better than feeling fear...Feeling a sense of urgency will help to keep me focused...Feeling a sense of urgency will help to keep me safe...Feeling a sense of urgency will help to keep me on task...I give myself permission to move from a state of fear to one of urgency...Because when I feel urgency I'm able to take action...Without being stuck by the fear...I'm glad the fear is trying to keep me safe...But by keeping me stuck in fight, flight, freeze, or fog...It is holding me back from taking positive action, which is preventing me from being safe...It is much easier for me to take an action from a sense of urgency...It is safer for me to take action from a sense of urgency because I make better choices...I'm glad I want to be safe...Working from a sense of urgency is the easiest way for me to be safe.