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Pod #452: Tapping For When We Are Of Two Minds

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I recognize that making choices is hard...That most of the choices I'm making are not clear-cut...There is no obvious answer...There's no obvious way forward...And because of this, I am of two minds...I can see the pros and cons to both sides...I can see the emotional benefit in the emotional struggle of both sides...Because of that it's hard for me to make a choice...I don't want to waste time...I don't want to waste the energy...I don't want to squander the possibilities...That is the reason why I'm stuck...I'm keeping myself safe by not making a choice...My system believes that if I don't move forward, then I won't waste time going the wrong way...I won't waste energy making the wrong choice...The reality is that when I don't make a choice, time is passing...When I don't take action, opportunities are being squandered...Even though my system is trying to keep me safe by not making the wrong choice...It is trying to keep me safe by preventing me from moving forward in the wrong direction...It is OK for me to make a choice...It's OK for that choice not to be perfect...It is OK that I don't have all of the information when I'm making a choice...I give myself permission to know that I can make choices even when I have incomplete information...I give myself permission to make choices even when I am not certain about which choice to make...I make choices all the time with incomplete information...And that is OK...I give myself permission to make choices that are imperfect...Knowing that I can learn from those choices...Knowing that I can grow from those choices...It's not about being perfect in every choice...It's not about being perfect in every moment...I give myself permission to be easy with myself when I choose...Knowing it is about the sum total of all of my choices that contribute and create my happiness...I give myself permission to know that I can be imperfect and still create a great life...To be happy and healthy and to move forward in a way that I know I can be satisfied with...It is natural to be of two minds...I give myself permission to be easy with being of two minds...And to move forward in the way that makes the most sense for me...Even when each choice is not obvious...I can make choices that create a life that I want...Even in the imperfection of those choices.



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Gene Monterastelli is the editor of TappingQandA.com. Gene works with clients from all over the world one-on-one and in groups. Gene enjoys teaching advanced techniques in tapping and teaching practitioners how to grow their practice.

This transcript is from the Tapping Q and A podcast. A complete podcast archive can be found at <http://TappingQandA.com/podcast>