



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

Pod #457: Tapping To Say "Yes" More

There are opportunities all around me...Some of those opportunities are an obvious fit for me...Some of those opportunities are not an obvious fit for me...I do know that if I stay in the same place...And if I don't try something new...Then my life is going to be no different...My life will be exactly the same...I give myself permission to say yes more...To say yes to unexpected opportunities...To say yes to things that come out of the blue...Say yes to things that I'm a little worried about trying...This does not mean that I'm reckless...This does not mean that I am careless...This does not mean that I am thoughtless...It simply means I'm going to say yes more...When I say yes more my life is richer...When I say yes more my life is more exciting...When I say yes more I give myself an opportunity to grow...Not reckless yeses...Not thoughtless yeses...But more yeses...It is good for me...It is good for my growth...I give myself permission to say yes more.

Script for having my yes mean yes:

I want to communicate clearly...I want people to know where I stand...I want people to have clear expectations of where I am coming from...It is not my job to protect other people's feelings...I do the opposite of serving people when I tell them what I think they want to hear...In order for people to understand where I'm coming from, to make our communication clear... And to remove the unnecessary burden of me trying to protect them...I give myself permission to have my yes mean yes...And my no mean no...This does not mean that I'm unkind...This does not mean that I'm thoughtless...This doesn't mean that I'm inconsiderate of other people's



feelings...I acknowledge and recognize the fact I am not responsible for their feelings...I am not responsible for their emotional response...Ultimately the truth will come out...It's better when I communicate clearly...So that everybody understands where I'm coming from...I give myself permission to have my yes mean yes...I give myself permission to have my no mean no.