



<http://TappingQandA.com/podcast>

## Pod #458: Tapping For When We Judge Our Past Choices Harshly

<http://tappingqanda.com/458>

It is good for me to look back...It is good for me to evaluate my past choices...It is good for me to see where I have been...To take responsibility for my past choices and to learn from my past...At the same time I recognize the fact it is impossible for me to see my past self clearly...I have learned since then...I have grown since then...I have transformed since then...And that makes it hard for me to remember my previous self...To remember what I knew and didn't know back then...Once I know something now there's a part of me that believes that I've always known it...Because this is human nature...Because this is the human experience...I need to remind myself to be gentle with myself...When I'm evaluating my past...When evaluating my previous choices...This doesn't mean I'm letting myself off the hook...This doesn't mean that I'm being thoughtless and careless...I should only judge my past self and who I was in that moment...And what I knew in that moment...And what I was capable of in that moment...I know much more now than I did back then...I'm doing myself a huge disservice by judging myself based on what I know now...I choose to take responsibility and see myself for who I clearly was back then...I can learn from the past while still remembering I was in a different place when I was making those choices back then...I'm glad I'm the new me...I'm glad that I'm continuing to evolve and grow...Part of that evolution is being gentle with my past self.

\* \* \* \*

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>