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Pod #463: Tapping To Release Concern About Other People's Judgment Of Our Choices

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It's good that I recognize that my choices impact other people...I know my choices are not made in the vacuum...My choices are made in the world...But I can't only make my choices while thinking about how others will react...I need to make the choices that are best for me in both the short and long term...I will not deliberately hurt others or take advantage of others with my choices...I am not responsible for the emotional state of the people around me...They are responsible for themselves...Others make choices that are best for them...I need to make the choices that are best for me...Even if it will affect the people around me...I give myself permission to know I am in control of my own life...I don't need the permission or blessing of others to move forward in my life...It is great when they support me...It is wonderful when they believe in me...I need to be making the choices that are right for me...I am worthy of making choices that serve me...I am worthy of moving forward...Sometimes others may get bent out of shape because of the choices I make...I know it is OK for me to make the choices that I need to make...I don't need the permission of others to move forward...I don't need the blessing of others to move forward...I can make the best choices that I need to make for myself...I give myself permission to take care of myself...I am worthy of taking care of myself...I deserve to take care of myself...I am worthy of taking care of myself...I no longer need permission from others to take care of myself in the best way I can.

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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>