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Pod #462: Tapping For Judgment vs. Evaluation

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I recognize that a part of me that fears judgment...There's a part of me that fears rejection...It's a very human feeling to fear judgment...It is a natural human feeling to fear rejection...So if judgment is a possibility, it makes perfect sense that I wouldn't want to put myself out there...It makes perfect sense that I wouldn't want to experience that type of rejection...But the reality is that most people aren't judging me...When someone says no to me it isn't a judgment...When someone says no to me it is not an evaluation of my worth...When someone says no to me they're not judging the value of my work...Instead when someone says no what they're really saying is it's not the right fit...It's not the right fit right now...It's not the right fit based on the information they have...It's not the right fit based on what they're feeling in this particular moment...They're simply making a statement about the right fit for them...Because this is the case it's OK for me to ask...Because this is the case it's safe for me to put myself out there...And it is safe for me to try...I give myself permission to trust others...To trust that they are not judging me...Instead they are evaluating the fit.

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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>