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Pod # 469 Judging My Intention v My Action w/ Tapping

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I recognize that I want things to work out well...That I want to live up to my expectations...And I want to be successful...There is a part of me that is constantly judging me against my expectations...Constantly pushing me forward...Constantly wanting better...And when I don't meet my expectations...That part judges me...When I don't act with pure confidence...That part judges me...It's judging me because it wants better for me...It's judging me because it wants to keep pushing me forward...It's judging me because it wants me to be successful...But the problem is that it's beating me up...Beating me up in a way that is unhelpful...It feels like it is being unkind...It's not seeing me for who I am...It's not seeing me for what I'm achieving...It's judging me against a standard of perfection...I'm glad it wants me to be better...I'm glad it wants me to move forward...I'm glad it wants me to be successful...But it's not helping me right now...Beating myself up like this is not a good motivator...Beating myself up actually makes it harder for myself...Beating myself up in this way prevents me from taking action...So I give myself permission to know that I don't have to beat myself up...I give myself permission to know that I can do better...Without having to scold myself...I recognize the fact that I can appreciate the success that I have...Even if it's not the total success I would like right now...My success is not an all-or-nothing proposition...I can move from success to success...Building something that is bigger...Building something that is more confident...As my life evolves and grows...I'm glad there's a part of me that wants me to work harder...I'm glad there's a part of me that wants to be more successful...And I know I can have that success without being perfect...I can have that success without being a hundred percent confident in every single action I take...I can have that success as I ease into moving forward...It's good for me to evaluate myself...It's good for



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me to evaluate my actions...But I don't need to evaluate every part of my life against a standard of perfection.

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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>