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Pod #474: The Reason Why You Don't Tap More & How To Overcome It

<http://tappingqanda.com/474>

I recognize that part of my system wants me to be healthy...It wants me to be safe...And it believes that I can stay safe by using the tools that I'm currently using...Navigating my day in the way that I always have...Even though the tools I'm using aren't perfect...They are familiar tools working in a functional way...Because they are working in a functional way...My system doesn't want to let them go...My system doesn't want me to put them down...And that is the reason why I don't tap as much as I would like to..I don't tap regularly because my system is worried that if I tap on this issue, I'll lose access to the familiar tools that allow me to cope...If I lose access to the tools, then I'll be stuck in a situation where I've changed the habit but I'm still in pain...I recognize that there are healthier tools..I recognize that there are better ways to approach this...I give myself permission to know that I'm just putting down this current tool...And if I think that tool will be useful again at some point in the future...I'm allowed to pick it up...I'm allowed to use it again....It is a tool that might have served me in the past....It was a tool that might've been the best tool I had access to at a certain point in my life...I now recognize in this moment, it's no longer the best tool for me...I give myself permission to put the tool down...Doing that will make it easier and healthier for me...I give myself permission to know I can pick up that tool again at any point in the future, if I want to...I doubt that's what I will want...But I'm allowed to pick it up later...It is safe for me to tap on this issue...It is safe for me to release this process....Knowing that as I tap, I am choosing a healthier tool for myself....My subconscious mind wants me to be healthy...My conscious mind wants me to be healthy...And this is an opportunity for every part of my system to act in harmony.

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practitioners how to grow their practice.

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