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Why I'm OK with the bad choices I'm making

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I don't always make the best choices...Sometimes I make really detrimental choices...I make choices that hurt me...I make unhealthy choices that I know are bad for me...And as I'm making those poor choices...It's really easy to beat myself up...It's really easy to feel overwhelmed by the consequences because of those choices...But I also recognize that my goal isn't to make good choices all of the time...My goal is to make conscious choices...Because when I make conscious choices over the long term...I do make better choices...And more importantly I'm aware of who I am in the moment with each choice...I'm aware of who I am becoming...As long as I continue to do that in a conscious way...I'm going to move forward thoughtfully...I'm going to move forward in a deliberate way...And that's really OK...Because when I move in that way I'm consciously controlling my life...I'm not responding purely from habit...Or responding purely from desire...And in the long term, that will mean much better choices...In the long term I will be healthier...In the long term I will be happier...As I navigate this in big and in small ways...It is OK if I sometimes make an unhealthy choice...I just want to make that unhealthy choice in a deliberate way...Because then I'm taking responsibility...Then I'm in the moment...Which makes it easier for me to move forward in a healthy and positive way.

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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.



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