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## Pod #485: Tapping For When You Hit An Emotional Wall

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I recognize that recent months have been really hard...I recognize the fact that life has felt overwhelming...It has been unpredictable and difficult to manage...I am being impacted by this every single day in conscious and obvious ways...Other times it's like a slow energy and emotional leak that is constantly happening in the background...Some days I'm able to manage this really, really well...Some days I'm able to navigate this without being overwhelmed...Other times it just becomes too much...I can't focus...I'm distracted...Navigating the day feels much harder than it should be...There are even times where I completely break down...When the combination of all of these thoughts and all of these emotions become too much for me to navigate...Just become too much for me to manage...It becomes overwhelming...It feels like it is way too much for me to manage...When I'm overwhelmed like this...It feels like a failure...When I feel overwhelmed like this...It feels like I am breaking down...I'm overwhelmed and it feels like there's no way out...I give myself permission to recognize that it is OK for me to admit that this is too much...It is OK for me to feel like I am breaking down because this really is a lot...This really is overwhelming...I give myself permission to take care of myself when I'm overwhelmed...I give myself permission to take care of myself when it feels like it is too much...I give myself permission to do what I need to do to take care of myself...Because in a moment like this...It's OK to put myself first...In a moment like this, it's OK to take care of myself...Even though this feels like it's going to last forever...It's not actually going to last forever...Even though this feels like it is completely overwhelming...It is something that I can and will survive...I give myself permission to admit this is hard...I give myself permission to take care of myself...I give myself permission to know that this isn't going to last forever.



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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>