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Pod #486: Tapping For Uncertainty

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I recognize the fact there are so many things in the universe that are outside of my control...When things are going well it feels like the world is manageable...When things are going as planned it feels like the world is predictable...It feels like I have more control than I actually do...In the moments of conflict it's really easy to feel out of control...In the moments of strife it's easy to feel lost...In the moments of uncertainty, it's easy to feel overwhelmed...I give myself permission to feel overwhelmed...I give myself permission to feel out of control...I give myself permission to recognize that there are things that impact my life over which I have no control.....This is not a sign of weakness...This is not a sign of helplessness...This is simply being human...I give these emotions permission to be heard...Because these emotions only want me to be safe...These emotions only want me to be aware...These emotions only want me to be able to manage the day-to-day in a healthy way...It makes sense that I'm looking out for danger...It makes sense that I'm looking out for trouble...It makes sense that I'm on the lookout for overwhelm...Just because there is uncertainty, it does not mean I am unsafe...Just because there is uncertainty, it does not mean I have lost my ability to choose...Just because there is uncertainty, I have not lost my ability to take action...I give myself permission to be easy with myself...I give myself permission to be in this moment...I give myself permission to make the best possible choice that I can make in this moment...Even if I'm uncertain of what that choice should be...I can manage this...I can navigate this...I can survive this...I give myself permission to simply be in this moment...To make the best possible choices that I can make in big and in small ways...I have survived uncertainty before...I can survive uncertainty again...I give myself permission to be in this moment...I give myself permission to simply do the best that I can at this moment.

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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>