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Pod #489: Tapping for Disappointment

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I feel really disappointed...Because I am missing an opportunity...Because I'm missing an experience...Because I am missing an outcome I really wanted...I was so looking forward to this...It was something I was really going to enjoy and I can't do it right now...And that hurts...The reason it hurts is because my system is pointing out something that was really important to me...My system is pointing out the missed opportunity...My system is pointing out the missed growth that could have happened...It is OK to feel disappointment...It's OK to recognize hopes that have not been realized...I'm glad that I actually have hopes...I'm glad I had things to look forward to...It hurts not to have those expectations fulfilled...It hurts to know those opportunities are lost...But this is not the last opportunity I'm going to have...This is not the last experience that is good for me...This is not the last time I'm going to have hopes and expectations...I give myself permission to experience the disappointment...To acknowledge the things that are being missed...To acknowledge the future opportunities that have been lost because I lost this particular one...But that does not mean I'm stuck here...It does not mean that there are no longer things to look forward to...It does not mean I will always feel this way...I give myself permission to feel the disappointment...And to know that there is still hope.

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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>