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## Pod #490: Tapping For Major Life Changes

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I recognize that I am in transition...I recognize my life is changing...My life is always changing day to day...Sometimes my life changes in grand ways...In significant ways...In ways that change the way I interact with everyone around me...When this happens it can make it difficult for me to know where I stand...To know how people are thinking about me...To know what people are thinking about me...And because that's the case, I might feel insecure...I may feel unsteady...I may feel overwhelmed...There is a very primitive part of me that wants me to stay safe...The way it defines safety is in terms of how I am connected to others...And because I'm making such a big transition I'm having to renegotiate my relationships with others...Which feels uncertain...Which feels very unsafe to this primitive part of my brain...That part that is trying to keep me safe likes things to be predictable...The part that is trying to keep me safe likes consistency...Because as I'm going through so much change, this part is more aware...It's more on guard...This part is working overtime...Even though there is major change in my life, I can be safe....Even though there is major change in my life, I can be consistent...Even though there is a major change in my life I can still be comfortable inside of my own skin...In the long term, the change I'm going through is good for me...Even though it's difficult in this moment...This change isn't about right now...It's about everything that comes after this moment...How I'm able to build on this change...How I'm able to grow through this change...I give myself permission to trust myself...I give myself permission to trust the process as it unfolds and know that I am safe.

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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>