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Pod #496: Tapping For Daily Distractions

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I recognize the fact that I am distracted...I recognize that there is a part of me that doesn't want to be doing that task...And because this is the case, all sorts of fun things are coming to mind...I can clean up my desk to make it easier to work on...There are dishes to be done...Laundry to be folded...YouTube rabbit holes to fall down...I appreciate the sense of distraction is just trying to keep me safe...It's just trying to keep me healthy...Because it doesn't want to be doing whatever I'm doing in this particular moment...Maybe it's really boring...Maybe it feels like I'm never going to finish it...Maybe it feels overwhelming...Or I'm having to look at something that I don't like to look at...My distraction is simply a way of avoiding all of those emotions...It is simply trying to keep me safe...I appreciate that is what it's trying to do...But I also recognize that it is possible for me to relax...To release whatever emotion I'm feeling in this moment...To release whatever overwhelm is going on...Knowing that I'm not going to be stuck doing this forever...Once this is done, I can move on to the next thing...When I take a proper break, I can enjoy whatever distraction I want...But in this moment I want to be focused...In this moment I want to be on task...I appreciate that the distraction is trying to serve me...I recognize how it isn't doing that in this moment...I appreciate my system is trying to keep me safe...And I recognize it's just overfunctioning.

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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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