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## Pod #498: Tapping To Release Past Failures

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I recognize that I have failed...Not that I failed at everything...But I have failures in my past...Things that I committed to and did not complete...Things that I did, but did not give them the attention they required...Things that I did that did not live up to expectation...This is because I am human...Because I am human, I am imperfect...But these failures are still rattling around inside of me...I have not processed them all...They have become emotional anchors...They are holding me back from moving forward...Because I don't want to face failure like this again...But staying stuck here prevents me from moving forward...Which could involve even more failure...Which could be even more treacherous...I recognize the fact that I don't need to stay stuck in the past...I recognize that I don't have to keep reliving these failures...I recognize that I don't have to stay stuck inside of this narrative...I give myself permission to release and let go of the emotional burden that I'm still carrying from these failures...Moving on does not mean I am forgetting the lessons...Moving on does not mean that I'm not taking responsibility for my past choices...Moving on does not mean that I'm simply over it...But instead I give myself permission to process...I give myself permission to heal...I give myself permission to be in this moment...Learning from the past...Without staying stuck in that past...Learning from my experiences...Without staying stuck in those experiences...It is OK for me to move on...Those past memories do not serve me by staying stuck inside me emotionally...I give myself permission to be easy with myself...I give myself permission to be gentle with myself...Letting go of these past failures without having to relive the past failures.



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This transcript is from the Tapping Q and A podcast. A complete podcast archive can be found at <http://TappingQandA.com/podcast>