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Pod #524: Tapping for when you feel out of control

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I acknowledge that there are times when I feel like I am out of control...Because there are things in my environment I do not control...And it is easy to feel overwhelmed by all things that I do not control...It's easy to feel like I am at the whim of others...It's easy to feel like I am at the whim of circumstance....The reality is that all day long I am dealing with and interacting with people and circumstances I do not control...I am interacting with and dealing with situations over which I have no control...The reality is I always have the possibility of controlling my response...I can transform my thoughts...I can transform my emotions...If I do that, then everything becomes easier...I feel better...I feel calmer...I feel more comfortable...I feel more capable...Even if there are lots of elements I don't control...It doesn't mean I have to feel out of control...I give myself permission to be grounded...I give myself permission to be in this moment...I give myself permission to recognize what I can control and how that is useful in this moment

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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