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Pod #525: What to do when you are frustrated by the slow rate of progress and transformation

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On an intellectual level I understand how each of my parts are trying to keep me healthy...I understand how they are trying to keep me safe...At the same time, I'm tired of the slow pace of transformation...I'm tired of those parts of my system dragging their heels...I'm tired of being easy and gentle with myself...Because I don't want to be easy and gentle with myself...I want to be better...I want to be healed...I want to be transformed...I want to let go of the things that are no longer useful...I give myself permission to intellectually understand that my parts are doing the best that they can...I also give myself permission to be frustrated by the fact that these parts aren't actually changing...I give myself permission to be frustrated at the slow pace of my healing...I give myself permission to feel frustrated that this is not going as planned...I don't want to live in that frustration...I don't want to be defined by that frustration...I don't want to be acting out of frustration...But my frustration is speaking to the fact that I want better...That I want more...That I want to be healed...I want to be transformed...I want to be healthy...The frustration is rooted in wanting better...Just like the slowly moving parts are rooted in wanting for me to be better...I give myself permission to be gentle with myself for all of those times where I have a really hard time being gentle with myself...I give myself permission to be frustrated...And I give myself permission to release that frustration...Even when my parts are battling, they're all on the same team...Even when my parts are frustrated, they only want what is best for me...I give myself



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permission to be easy with myself, even when I'm not being easy with myself.

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>