

## When You Know What to Do—and Aren't Doing It

So here's my experience this morning. I needed to contact the professional who had replaced my eavestroughs a couple of years ago and to ask him to assess a problem with it. Water was ending up where water ought not to have been ending up, so protecting my home made this a genuine priority.

Now it was no problem to get the phone number. I actually knew what I wanted to say the call would probably take a minute and still for six weeks, at least six weeks, I did not make that phone call. I found lots of other things to do and perfectly rational explanations for why it was not the time to make that phone call.

Now at an earlier stage of my growth I would have called this procrastination, avoidance, resistance, self-sabotage, all judgment and shame based, right? Nancy, what's the matter with you? You know what to do, just do it. But calling myself names doesn't help me understand myself more deeply or to understand what was going on that made this action challenging for me, right? It just put me into a more judgmental relationship with myself. Now today I can begin with a much simpler truth which is based in current reality.

Today there is an action that I have not yet taken and rather than making that evidence that there is something wrong with me, I became curious about what that non-action was actually communicating to me. Because conscious EFT begins from this understanding that at our core we are a living biological energetic system created with enormous innate intelligence. So if some part of a living system is not taking an action, there is an intelligent life-affirming reason for that.

And that means before we apply force to make that action happen, because let's be honest, I could have made just made the phone call. I could have forced myself to make the phone call. But there is the different choice is to acknowledge that there is information here coming from me that deserves to be in relationship with me, right? My cognitive mind knew how to make the call but the cognitive mind is only one participant in this whole living system of Nancy.

The system is also informed by what we call in conscious EFT the historical survival blueprint. And that is the learning we acquired as we adapted to our earlier environments. Learning about what we needed to do or not do to remain safe, to remain connected, to remain included, to belong.

And that learning is present today in our thoughts and our emotions and our physical sensations, our behaviors and our predictions about what is going to happen next, right? The energy of that historical learning continues to send signals into the present. So even as reality today is saying, Nancy, you have the phone number, the work is still under warranty, make the call, it will be fine. I've got this historical survival energy saying, there's danger here.

This job is too small. He's not going to be interested. He's going to shame you.

He's going to judge you. He's going to think you're being a bother. That I know from repeated episodes of similar experiences for me is a big part of my historical blueprint.

He is going to think you're a bother and he's going to shame and humiliate you, right? So the difficulty isn't in actually making the call. The difficulty is in this anticipated relational experience of having a need and asking another person to respond to it. And so what looked on the surface like avoidance is actually historical information about the potential cost of asking for help.

Some part of my living system based on my earlier environments and the experiences I had and how I needed to adapt to those learned that this is not a safe relational thing to do. Right? And that prediction is highly intelligent in relation to the environment in which it was learned, even though it doesn't represent the whole of present day reality. So that's really important to move from seeing non-action as the problem to recognizing it as intelligent information.

So then I started to tapping with even though my historical survival blueprint is predicting danger in making this phone call, I'm aware this energy is here today and I'm willing to stay curious with it. Right? Tap, tap, tap, tap, tap. So I'm not tapping in order to make myself make the call.

That is what's so important to me to say. I'm not tapping to override that part of me that's saying this is dangerous. I'm tapping to remain in relationship with all of me.

Right? That's such an important distinction. We can use tapping to create a more conscious, a more compassionate relationship with ourselves, but we can also recruit tapping as another instrument of force. Right? Tap away the resistance.

Let's eliminate the block. Let's get rid of whatever's stopping you. So you'll finally do what you should have done.

Let's get rid of this craving right now. Right? It may sound helpful, but the underlying relationship hasn't changed. In fact, this will strengthen that historical blueprint.

Right? One part has decided what should happen and tapping is being used to make the rest of the system comply. So we may produce the particular behavior, but we're deepening the rupture in that person's relationship with themselves. This matters enormously for therapists, coaches, wellness practitioners, human beings in relationship with other human beings.

Right? Because our client may come in saying, well, I know what to do. I just can't make myself do it. And we may be tempted to collude, to join with the part that knows what to do and to help it overpower the part that has not acted.

But what if the non-action isn't an enemy? What if it's carrying intelligent information that has not yet been heard? We don't have to agree with everything the historical blueprint

predicts. And we don't have to allow this historical learning to make every present day decision. But we do want to include it to understand what our living system is communicating rather than attempting to dismiss, override, shame it.

And so once I acknowledged what my system was predicting and identified it as historical information, right, where current reality did not support that actual historical prediction, right, I didn't need force. I made the call. And I tell you, the conversation was actually wonderful.

The contractor didn't shame me. He didn't tell me I was wasting his time. He listened.

He understood the problem and he agreed right away to come and look at the problem. Like he must have said six times in that two-minute conversation. No problem.

No problem. We can take care of that. So that present day experience gave my historical blueprint new information, right.

I could have a need. I could ask another person to respond to it. And I could remain safe.

So the point is that no part of us needs to be shamed, silenced, or abandoned in order for action to occur. So next time you, air quotes, know exactly what to do and are not doing it, perhaps begin somewhere other than force. You might tap and say, even though part of me has not yet taken this action, I'm aware this part is here and I'm willing to stay curious with it.

And then listen, right. Perhaps some intelligent part of you is asking to be understood. And if this way of understanding yourself or the people you support brings some relief or excitement, I invite you to [download our free map of being human](#).

It offers a way of seeing how historical experience continues to shape present thoughts, emotions, sensations, and actions, and how a different relationship with all of that is possible. Take excellent care and bye for now.

