

Guided Tapping for Anger Transcript

Consider the challenges this emotion holds for you. How strong is the feeling? Use the Subjective Units of Distress Scale (SUDS) from 0 to 10. Where 0 is no intensity and 10 is maxed out intensity. Note this number.

Set up statement on Karate chop:

Even though I have so much anger, I deeply and completely love and accept myself.

Even though I feel a lot of rage, I deeply and completely love and accept myself.

Even though I sometimes explode, I deeply and completely love and accept myself.

Eyebrow: Life is so annoying
Side of eye: And frustrating
Under the eye: It makes me mad
Under the nose: Sometimes I'm like a simmering volcano
Chin: I get angry with myself
Collar bone: Furious with others
Under the arm: And rage at the situation
Top of the head: I'm so sorry I feel angry all the time

Eyebrow: This rage consumes my thoughts
Side of eye: It feels ugly
Under the eye: And makes me behave poorly
Under the nose: I'm so sorry I am fueled by rage
Chin: I think it gives me energy
Collar bone: But at what cost?
Under the arm: I'm so sorry for all the hurt my anger causes
Top of the head: I am open to letting it go

Eyebrow: I forgive myself for all this anger
Side of eye: I choose to operate from compassion instead
Under the eye: Perhaps there is nothing to be angry about
Under the nose: We are all human
Chin: I release any resistance to this anger
Collar bone: I watch it rise and fall
Under the arm: I witness the energy
Top of the head: But it is not who I am

Take a Deep Breath

Check back in with your SUDS number and notice the intensity on the 0 to 10 scale. If it is not 0 consider repeating the tapping.