

Guided Tapping for Avoidance 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 avoid pain, I deeply and completely love and accept myself.

Even though I run and hide, I deeply and completely love and accept myself.

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

Eyebrow:	I am avoiding becoming the person that most inspires me
Side of eye:	I don't want to do things that scare me
Under the eye:	I am frightened of what change might bring
Under the nose:	I will have to leave many things behind
Chin:	I don't want to grieve these losses
Collar bone:	It's too much
Under the arm:	I can't do it
Top of the head:	It's safer to hide

Eyebrow:	I'm sorry I avoid pain
Side of eye:	I forgive myself for hiding away
Under the eye:	I forgive myself for not being more courageous
Under the nose:	Perhaps I can honor myself by making these hard choices
Chin:	And doing these hard things
Collar bone:	Its okay to say goodbye to the old me
Under the arm:	I am grateful to say hello to the new me
Top of the head:	I love the new possibilities this brings

Eyebrow:	Maybe I can stop avoiding
Side of eye:	I am open to pushing my limits
Under the eye:	And going beyond my comfort zone
Under the nose:	Perhaps it is also safe to play big
Chin:	I am ready to try
Collar bone:	I have so much to gain
Under the arm:	I now see myself as brave
Top of the head:	I see myself as healed

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.