

Guided Tapping for Blame 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 am full of blame, I deeply and completely love and accept myself.

Even though I hold others responsible, I deeply and completely love and accept myself.

Even though I judge and criticize, I deeply and completely love and accept myself.

Eyebrow:	This blame makes me complain
Side of eye:	It makes me moan and whine
Under the eye:	I only see the bad
Under the nose:	And forget the good
Chin:	I am not okay with this
Collar bone:	I judge everything
Under the arm:	The problem is out there
Top of the head:	I refuse to take responsibility
Eyebrow:	I'm sorry that I blame myself
Side of eye:	I forgive myself for blaming others
Under the eye:	I am open to letting go of this judgment
Under the nose:	Perhaps I don't have to be so attached to loss
Chin:	I might not get it
Collar bone:	I really want it
Under the arm:	My life is bad without it
Top of the head:	It made me fearful

Eyebrow:	No more blame
Side of eye:	I choose compassion
Under the eye:	I choose peace and surrender
Under the nose:	I choose unconditional love
Chin:	I persist and persevere
Collar bone:	I am choosing acceptance
Under the arm:	I let go of attachment to outcome
Top of the head:	I let go of attachment to the path forward

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.