

## Guided Tapping for Boredom 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 bored, I deeply and completely love and accept myself.

Even though these activities do not interest me, I deeply and completely love and accept myself.

Even though I can't find anything to engage in, I deeply and completely love and accept myself.

Eyebrow:	This is so boring
Side of eye:	I can't seem to find a way to make it interesting
Under the eye:	It just seems tedious
Under the nose:	I'd really rather be doing something else
Chin:	It's not stimulating
Collar bone:	I don't feel like I'm learning anything
Under the arm:	There is no challenge
Top of the head:	It's so dull

Eyebrow:	I want to have fun
Side of eye:	I really want to change and grow
Under the eye:	Maybe I can think of ways to change this experience
Under the nose:	I am open to experiencing a miracle
Chin:	Maybe I can do anything I want
Collar bone:	I am open to being interested and engaged
Under the arm:	I am ready to move forward
Top of the head:	I am ready to try something different

Eyebrow:	Perhaps there is a gift of motivation
Side of eye:	There is a possibility I can find my drive
Under the eye:	And have more clarity about my goals
Under the nose:	I can be drawn to what energizes me
Chin:	It is okay to be bored
Collar bone:	I have found out more about what I value
Under the arm:	I am ready to act on that
Top of the head:	And live a life of purpose

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.