

Guided Tapping for Contentment 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 wish I was contented, I deeply and completely love and accept myself.

Even though it is never enough, I deeply and completely love and accept myself.

Even though I am not satisfied with what is, I deeply and completely love and accept myself.

Eyebrow:	I cannot find peace
Side of eye:	I'm so agitated
Under the eye:	I feel a sense of lack
Under the nose:	Something is always missing
Chin:	I keep looking for more
Collar bone:	Better experiences
Under the arm:	Better relationships
Top of the head:	Better things

Eyebrow:	What would happen if I stopped looking?
Side of eye:	I'm so sorry I don't feel complete
Under the eye:	I'm sorry I don't feel whole
Under the nose:	I forgive myself for not connecting with my innocence
Chin:	I forgive myself for not being vulnerable
Collar bone:	I don't appreciate myself enough
Under the arm:	I am open to appreciating myself more
Top of the head:	I am open to nurturing my whole being

Eyebrow:	There is a possibility that I am already perfect
Side of eye:	Maybe the moment is perfect too
Under the eye:	Maybe doing my best is all that is needed
Under the nose:	I am open to nourishing my body
Chin:	I am open to nourishing my mind
Collar bone:	I am open to connecting with my inner child
Under the arm:	Perhaps contentment comes from just loving myself
Top of the head:	And loving what arises

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.