

Guided Tapping for Depression 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 depressed, I deeply and completely love and accept myself.

Even though I have so little energy, I deeply and completely love and accept myself.

Even though I'm really down right now, I deeply and completely love and accept myself.

Eyebrow: I feel fed up
Side of eye: I have no guiding principle
Under the eye: No sense of purpose
Under the nose: What difference does it make
Chin: I'm tired of playing this game
Collar bone: I want to be energized and engaged
Under the arm: But I feel disconnected and alone
Top of the head: I have no motivation

Eyebrow: I'm so sorry I am adrift
Side of eye: I forgive myself for not having clarity
Under the eye: I give myself permission not to know
Under the nose: I forgive myself for all the judgment
Chin: I forgive myself for the pressure I am placing on myself
Collar bone: I am allowed to wallow sometimes
Under the arm: Cocooning can create space for a new way of being
Top of the head: Perhaps I can make peace with doing nothing

Eyebrow: Maybe I can take time to nurture my body
Side of eye: To breathe and experience my senses
Under the eye: To massage my skin and taste my food
Under the nose: To feel gratitude and see all the beauty
Chin: To hear wisdom all around me
Collar bone: I am open to taking these steps
Under the arm: Perhaps I can be fully here
Top of the head: I am ready to have fun with life

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.