

Guided Tapping for Despair 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 feeling despair, I deeply and completely love and accept myself.
Even though I have no hope, I deeply and completely love and accept myself.
Even though I can't find meaning, I deeply and completely love and accept myself.

Eyebrow:	It's hopeless
Side of eye:	I'm helpless
Under the eye:	It's out of my control
Under the nose:	What difference does it make
Chin:	I want to trust the process
Collar bone:	I don't know how to make a difference
Under the arm:	I'm so sorry that nothing can be done
Top of the head:	I want to live my best life
Eyebrow:	I have a vision for a better world
Side of eye:	Maybe I can have faith that it is slowly emerging
Under the eye:	I forgive myself for not having more patience
Under the nose:	It is not my fault
Chin:	I am open to letting go of my despair
Collar bone:	Really bad things sometimes happen
Under the arm:	Sometimes its hard to see the benefit
Top of the head:	I am willing to trust that every experience is a gift for our growth
Eyebrow:	Change is happening all the time
Side of eye:	Things are constantly improving
Under the eye:	I am ready to receive greater health and opportunity
Under the nose:	Perhaps with every moment, I become more loving
Chin:	With every step, I am more aware
Collar bone:	With every breath, I have greater peace
Under the arm:	Perhaps humanity is already full of grace
Top of the head:	I too embody this grace

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.