

## Guided Tapping for Disappointment 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 deeply disappointed, I deeply and completely love and accept myself.  
Even though I want things to be different, I deeply and completely love and accept myself.  
Even though I am attached to my expectations, I deeply and completely love and accept myself.

Eyebrow:	I am disappointed in myself
Side of eye:	Other people are so disappointing
Under the eye:	I am disappointed in life
Under the nose:	I want so much more
Chin:	Better health
Collar bone:	More time and energy
Under the arm:	More joy and happiness
Top of the head:	More disposable income
Eyebrow:	I do not feel loved
Side of eye:	People are fakers
Under the eye:	They do not honor themselves
Under the nose:	This is heartbreaking
Chin:	Maybe I'm too idealistic
Collar bone:	I'm sorry I feel the loss of not meeting my high expectations
Under the arm:	I forgive myself for not being able to love what is
Top of the head:	Perhaps I can be okay with being disappointed
Eyebrow:	I am thankful for what is good
Side of eye:	I am thankful for being able to improve
Under the eye:	Things are getting better all the time
Under the nose:	Perhaps I can seek to honor myself
Chin:	Maybe I can be of service to my highest needs
Collar bone:	I am open to supporting growth in all its forms
Under the arm:	I love the drive to improve
Top of the head:	I am open to blessing imperfection

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.