

Guided Tapping for Discouragement 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 feel discouraged, I deeply and completely love and accept myself.
Even though I'm not sure if I can, I deeply and completely love and accept myself.
Even though I don't know how, I deeply and completely love and accept myself.

Eyebrow:	I wonder if I'll ever get there
Side of eye:	I feel stuck
Under the eye:	I am not making progress
Under the nose:	My goal seems far off
Chin:	It keeps changing
Collar bone:	The way forward keeps changing too
Under the arm:	My old plan needs adjusting
Top of the head:	Sometimes it just seems too much
Eyebrow:	I'm sorry I place myself under so much pressure
Side of eye:	I am not defined by my goals
Under the eye:	I am not defined by my progress on these goals
Under the nose:	I am open to having fun experimenting
Chin:	I forgive myself for getting so attached
Collar bone:	Perhaps I can let go of my old vision
Under the arm:	Perhaps I am making way for a better version
Top of the head:	Maybe I don't have to have all the answers
Eyebrow:	Maybe my progress can occur in ways I have not identified
Side of eye:	I am open to having faith in myself
Under the eye:	I am open to trusting the process
Under the nose:	I am thankful for the gift of patience
Chin:	I have infinite possibility
Collar bone:	I am growing, expanding, and developing
Under the arm:	Discouragement also has a purpose
Top of the head:	I choose to let go and love myself more deeply

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.