

Guided Tapping for Doubt 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 doubt everything, I deeply and completely love and accept myself.

Even though I find it hard to trust, I deeply and completely love and accept myself.

Even though I am not aware of my power, I deeply and completely love and accept myself.

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| Eyebrow: | I doubt what is possible |
| Side of eye: | I don't believe I can do it |
| Under the eye: | I don't think other people can do it |
| Under the nose: | We are limited |
| Chin: | Circumstances hold us back |
| Collar bone: | There is just no way |
| Under the arm: | Nope, Never going to happen |
| Top of the head: | Nobody wants it |
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| Eyebrow: | I'm sorry I have so much doubt |
| Side of eye: | I forgive myself for not trusting |
| Under the eye: | Perhaps the purpose of doubt is clarity |
| Under the nose: | Maybe it tests our commitment and resolve |
| Chin: | I'm thankful for this contrast |
| Collar bone: | I'm willing to love myself even in doubt |
| Under the arm: | Maybe I can appreciate and accept doubt |
| Top of the head: | Perhaps in this allowance it dissolves |
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| Eyebrow: | What if I can believe |
| Side of eye: | Maybe there is a way |
| Under the eye: | I am open to the possibility that we are infinite |
| Under the nose: | Perhaps I can be courageous |
| Chin: | Perhaps things can occur without me knowing how |
| Collar bone: | Maybe I can trust the process |
| Under the arm: | These things will come |
| Top of the head: | I am stepping into my power |

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.