

## Guided Tapping for Eagerness 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 don't feel engaged, I deeply and completely love and accept myself.  
Even though I don't have any drive, I deeply and completely love and accept myself.  
Even though I have no motivation, I deeply and completely love and accept myself.

Eyebrow:	I am not connected to life
Side of eye:	I feel numb
Under the eye:	It all seems senseless
Under the nose:	And monotonous
Chin:	There is more to life than survival
Collar bone:	I want to dream
Under the arm:	I want to achieve my dreams
Top of the head:	I want to create
Eyebrow:	I'm sorry that I have no interest
Side of eye:	I'm sorry that I don't believe in what is possible
Under the eye:	I forgive myself for letting others steer my life
Under the nose:	I forgive myself for not asking
Chin:	I am open to pursuing my dreams
Collar bone:	I am open to imagining receiving all that I wish for
Under the arm:	Perhaps I can take a step towards my dreams
Top of the head:	I am ready to design my life
Eyebrow:	I give myself permission to learn new things
Side of eye:	I give myself permission to be in wonder
Under the eye:	I am ready to wake up excited
Under the nose:	I choose to feel the thrill in every moment
Chin:	I am ready to participate with joy
Collar bone:	I am allowed to support my dreams
Under the arm:	I am allowed to receive support for my dreams
Top of the head:	I choose to take control

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.