

Guided Tapping for Enthusiasm 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 not enthusiastic, I deeply and completely love and accept myself.
Even though I just don't want to, I deeply and completely love and accept myself.
Even though it doesn't seem worth it, I deeply and completely love and accept myself.

Eyebrow:	I doubt what is possible
Side of eye:	I have no clue about my passions
Under the eye:	I don't know what I enjoy
Under the nose:	Nothing seems engaging
Chin:	It's tedious
Collar bone:	And dull
Under the arm:	And depleting
Top of the head:	I don't love it
Eyebrow:	I'm so sorry that I can't love it
Side of eye:	I'm so sorry I can't see the magnificence
Under the eye:	I forgive myself for not allowing it to be new
Under the nose:	I forgive myself not engaging my inner being
Chin:	I am thankful for the contrast
Collar bone:	It helps me identify what is missing
Under the arm:	I am open to not condemning
Top of the head:	Perhaps I can change perspective
Eyebrow:	Perhaps I can enjoy it all
Side of eye:	I give myself permission to have enthusiasm
Under the eye:	I am allowed to express my inner child
Under the nose:	I am allowed to play
Chin:	And explore
Collar bone:	And have fun
Under the arm:	And be innocent
Top of the head:	I am ready to let joy flow through me

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.