

Guided Tapping for Frustration 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 so frustrated, I deeply and completely love and accept myself.

Even though I feel blocked, I deeply and completely love and accept myself.

Even though I want more progress, I deeply and completely love and accept myself.

Eyebrow: I am all bottled up in my body

Side of eye: I want to make progress

Under the eye: It's not fast enough

Under the nose: How can I make it quicker?

Chin: There are things in the way

Collar bone: It's frustrating

Under the arm: Others do not share my urgency

Top of the head: I really want to check it off

Eyebrow: When will it be finished?

Side of eye: I'm ready to start the next thing

Under the eye: Perhaps I should take a deep breath

Under the nose: And let go of my timetable

Chin: I'm sorry I'm so worked up

Collar bone: I forgive myself for creating discomfort

Under the arm: Maybe this pace is for my benefit

Top of the head: Perhaps I can just go with it

Eyebrow: Perhaps I can make peace with the speed

Side of eye: Maybe I can trust that it will get done

Under the eye: And not get worked up about it

Under the nose: I am open to letting go of my frustration

Chin: Slow progress reminds me to breath

Collar bone: It might even be enjoyable

Under the arm: Perhaps I can even be thankful

Top of the head: I am allowed this space to be

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.