

## Guided Tapping for Grief 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'm full of grief, I deeply and completely love and accept myself.

Even though I feel a great sense of loss, I deeply and completely love and accept myself.

Even though I'm so sad, I deeply and completely love and accept myself.

Eyebrow: I feel really heavy  
Side of eye: I want to feel lighter  
Under the eye: This energy is bringing me down  
Under the nose: It also brings others down  
Chin: Sometimes I want to be alone  
Collar bone: And sometimes I want to share  
Under the arm: I judge myself for being down  
Top of the head: I feel judged for being down

Eyebrow: So much dense energy  
Side of eye: I'm ready to let it go  
Under the eye: It's okay to allow this to move through me  
Under the nose: I have something I am attached to  
Chin: I don't want to be without it  
Collar bone: And yet I am  
Under the arm: I forgive myself for this resistance  
Top of the head: I am open to making peace with this loss

Eyebrow: I am sorry I feel so sad  
Side of eye: I miss being able to engage  
Under the eye: I give myself permission to find new ways to engage  
Under the nose: I am allowed to fill this emptiness with new things  
Chin: I let go of the things I did not have the opportunity to complete  
Collar bone: I release the pain and hurt  
Under the arm: I am thankful for all that was shared  
Top of the head: I am deeply loved

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.