

## Guided Tapping for Guilt 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 guilt, I deeply and completely love and accept myself.

Even though I have so many regrets, I deeply and completely love and accept myself.

Even though I wish I could do things differently, I deeply and completely love and accept myself.

Eyebrow:	I made mistakes
Side of eye:	I acted without honor
Under the eye:	There are things I should not have done
Under the nose:	I was hurtful and did not make amends
Chin:	I was wrong
Collar bone:	I took advantage
Under the arm:	I was mean and unkind
Top of the head:	I only cared about myself

Eyebrow:	I'm sorry that I was not loving
Side of eye:	I forgive myself for not being more loving
Under the eye:	I did not know then what I know now
Under the nose:	I am ready to let this guilt go
Chin:	It is possible I do not have to carry this burden any longer
Collar bone:	My life does not have to be conditional
Under the arm:	What I seek does not have to come at a cost
Top of the head:	Life is abundant

Eyebrow:	There is more than enough for everyone
Side of eye:	I can pursue my goals
Under the eye:	And not concern myself with how they are realized
Under the nose:	I only take what is being freely given
Chin:	Perhaps I can laugh at myself
Collar bone:	Maybe I can find the gift in my guilt
Under the arm:	I release any tension from bad behavior
Top of the head:	I am forgiven

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.