

Guided Tapping for Happiness 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 long for happiness, I deeply and completely love and accept myself.

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

Even though I wish I could be lighter, I deeply and completely love and accept myself.

Eyebrow: I am not happy
Side of eye: Other people seem happy
Under the eye: I too want to be lighter
Under the nose: I want to have more peace and joy
Chin: Even when life is challenging
Collar bone: I don't want to be triggered
Under the arm: Or negative
Top of the head: Or stressed

Eyebrow: Other people seem to get upset when I am happy
Side of eye: Sometimes I am upset when others are happy
Under the eye: I'm sorry I have not found my center
Under the nose: I forgive myself for putting limits on my happiness
Chin: Maybe what I do is not the cause of my happiness
Collar bone: Perhaps other people are not the root of my happiness
Under the arm: Maybe outside circumstances do not determine my happiness
Top of the head: I can honor my own happiness

Eyebrow: I give myself permission to be happy
Side of eye: I choose to be happy
Under the eye: I am allowed to be happy irrespective of what is
Under the nose: I am willing to be more appreciative
Chin: And grateful
Collar bone: I set an intention to be more present
Under the arm: To stay in the flow
Top of the head: To smile at life

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.