

Guided Tapping for Hatred 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 hate everything, I deeply and completely love and accept myself.

Even though nothing is good enough, I deeply and completely love and accept myself.

Even though I feel stuck with things I don't like, I love and accept myself.

Eyebrow:	I hate my life
Side of eye:	I want so much more
Under the eye:	It feels like I will never get it
Under the nose:	I hate myself
Chin:	I loath others
Collar bone:	I can't stand the situation
Under the arm:	Everything is revolting
Top of the head:	I want to be free of this disgust

Eyebrow:	It is okay to hate things
Side of eye:	Perhaps I am allowed to judge
Under the eye:	Maybe I can give myself permission to dislike
Under the nose:	I am so sorry I lost so much energy in hate
Chin:	I forgive myself for holding onto hate
Collar bone:	I am open to the possibility of being more appreciative
Under the arm:	I give myself permission to be excited
Top of the head:	I am open to seeing the gifts in my condemnation

Eyebrow:	I'm ready to drop this barrier
Side of eye:	Perhaps I can be more accepting
Under the eye:	I am allowed to stop resisting
Under the nose:	Maybe I can be totally fine with what is
Chin:	There is a possibility to let go of hate
Collar bone:	I am open to embracing love
Under the arm:	I'm thankful for facing this shadow
Top of the head:	I choose to love myself unconditionally

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.