

## Guided Tapping for Impatience 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 impatient, I deeply and completely love and accept myself.  
Even though it is taking too long, I deeply and completely love and accept myself.  
Even though I just want to be finished, I deeply and completely love and accept myself.

Eyebrow: I don't want to wait  
Side of eye: It's taking so long  
Under the eye: I'm not patient  
Under the nose: Is it here yet?  
Chin: Have we arrived yet?  
Collar bone: I want to be done with this discomfort  
Under the arm: I'm looking forward to it  
Top of the head: I'm ready to experience it right now

Eyebrow: It is not yet time  
Side of eye: The waiting could be a gift  
Under the eye: There is an opportunity for other important experiences  
Under the nose: Perhaps there is something else I need  
Chin: Maybe I can focus elsewhere  
Collar bone: I give myself permission to engage in these possibilities  
Under the arm: I have learned what I want and don't want  
Top of the head: I'm open to letting go of any impatience

Eyebrow: Perhaps I can be patient  
Side of eye: I can release all impatience  
Under the eye: Maybe I can stop bringing the future into the now  
Under the nose: I am allowed to just be here  
Chin: I accept divine timing  
Collar bone: I am open to the beauty of the present moment  
Under the arm: I am willing to drop what is not needed  
Top of the head: I am willing to change

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.