

Guided Tapping for Insecurity 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 am insecure, I deeply and completely love and accept myself.

Even though I don't know my worth, I deeply and completely love and accept myself.

Even though I am not aware of my perfection, I deeply and completely love and accept myself.

Eyebrow: I don't have confidence
Side of eye: I am not capable
Under the eye: I want to be appreciated
Under the nose: But I don't appreciate myself
Chin: It's not safe
Collar bone: I can't trust others
Under the arm: I don't trust the situation
Top of the head: I can't rely on myself

Eyebrow: I'm sorry I am so self-critical
Side of eye: I'm sorry I rarely see my innate beauty
Under the eye: I forgive myself for basing my worth on achievement
Under the nose: I forgive myself for basing my security on what I have
Chin: I'm so sorry I have limited myself
Collar bone: I am open to thinking of myself as abundant
Under the arm: Perhaps the universe is ready to serve me
Top of the head: As soon as I have faith

Eyebrow: Maybe I can trust myself
Side of eye: Perhaps I have all I need
Under the eye: I am open to taking the first small step
Under the nose: I am open to loving myself
Chin: I am allowed to be in wonder and awe for myself
Collar bone: It is possible to let go of all these inner constraints
Under the arm: I am willing to face my fears
Top of the head: I am ready to germinate and bloom

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.