

## Guided Tapping for Jealousy 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 jealous of others, I deeply and completely love and accept myself.

Even though I want what they have, I deeply and completely love and accept myself.

Even though I don't feel fully appreciated, I deeply and completely love and accept myself.

Eyebrow:	I wish I could have that
Side of eye:	I want to be praised
Under the eye:	I want to be showered with gifts
Under the nose:	I want to be loved
Chin:	It would be so nice to have more
Collar bone:	What's wrong with me?
Under the arm:	Why can't I have that too?
Top of the head:	I want to be able to do that too

Eyebrow:	I'm so sorry I am jealous
Side of eye:	I forgive myself for not being happy with what I have
Under the eye:	Perhaps I can use this jealousy to identify new goals
Under the nose:	Maybe I can acknowledge these heartfelt desires
Chin:	Skills I can develop
Collar bone:	Places I can go
Under the arm:	Experiences I can have
Top of the head:	Qualifications I can earn

Eyebrow:	Perhaps I already have everything I need
Side of eye:	Others who live the life I want can inspire me
Under the eye:	This gift demonstrates my possibilities
Under the nose:	I am thankful that they connect me with my ideals
Chin:	I can show love for myself by pursuing them
Collar bone:	I can let go of any bitterness
Under the arm:	And fully celebrate their success
Top of the head:	I can bless both their journey and mine

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.