

## Guided Tapping for Optimism 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 don't feel optimistic, I deeply and completely love and accept myself.

Even though I don't think things will improve, I deeply and completely love and accept myself.

Even though I can't find a bright side, I deeply and completely love and accept myself.

Eyebrow:	It's hard to be optimistic
Side of eye:	There is suffering and devastating pain
Under the eye:	It feels intractable
Under the nose:	There's so much momentum and history
Chin:	These problems are too complex and overwhelming
Collar bone:	Nothing can be done
Under the arm:	It's just the way it is
Top of the head:	I feel responsible

Eyebrow:	I'm sorry I don't know the way through
Side of eye:	Perhaps there is a gift in every outcome
Under the eye:	Maybe there is an upside to all pain
Under the nose:	Perhaps contrast and variety give us context
Chin:	To pursue our dreams and visions
Collar bone:	Perhaps my best is more than enough
Under the arm:	Maybe I can find space for loving change
Top of the head:	Maybe this is available to all

Eyebrow:	Perhaps I can have faith in this process
Side of eye:	I am open to trusting that everything is for the best
Under the eye:	I am willing to see everything as an opening
Under the nose:	I can embrace expansion and possibilities
Chin:	I am open to witnessing greater awareness and compassion
Collar bone:	And seeing miracles every day
Under the arm:	People are working their magic
Top of the head:	I am part of that magic

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.