

Guided Tapping for Overwhelm 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 overwhelmed, I deeply and completely love and accept myself.

Even though I am stretched to my limit, I deeply and completely love and accept myself.

Even though I don't feel like I can manage, I deeply and completely love and accept myself.

Eyebrow:	I can't do it
Side of eye:	It's too much
Under the eye:	It feels impossible
Under the nose:	My time is short
Chin:	My energy is lacking
Collar bone:	I am living in a state of stress
Under the arm:	I would like to have an abundance of time
Top of the head:	I would love to have an abundance of energy

Eyebrow:	I'm sorry I don't know my strength
Side of eye:	I'm sorry I don't trust the universe
Under the eye:	I forgive myself for taking on too much
Under the nose:	I give myself permission to let something go
Chin:	Perhaps I can allow the universe to take care of it on my behalf
Collar bone:	Maybe I can let go of my belief in lack
Under the arm:	Maybe I can let myself receive
Top of the head:	I am open to learning from this overwhelm

Eyebrow:	I deserve success and happiness
Side of eye:	I am open to having the time
Under the eye:	I am open to feeling energized
Under the nose:	I am allowed to live from inspiration
Chin:	I am allowed to take exquisite care for myself
Collar bone:	I am already healing the things within me that prevent this
Under the arm:	I am ready to change
Top of the head:	I love all that I am

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.