

Guided Tapping for Positivity 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 want to be more upbeat, I deeply and completely love and accept myself.
Even though I want to be positive, I deeply and completely love and accept myself.
Even though I don't feel expansive, I deeply and completely love and accept myself.

Eyebrow: I am trying to be positive
Side of eye: I want to feel positive
Under the eye: And have positive thoughts
Under the nose: But I notice I'm feeling negative
Chin: And having negative thoughts
Collar bone: I'm pushing the negative away
Under the arm: But it keeps coming back
Top of the head: It is out of control

Eyebrow: I'm sorry the negative is so painful
Side of eye: I forgive myself for not wanting a negative experience
Under the eye: Maybe there is another way
Under the nose: Perhaps I could view the negative positively
Chin: There is a possibility this would release it
Collar bone: Maybe this is how to make the negative positive
Under the arm: Perhaps I can allow the negative to move through me
Top of the head: Maybe I can trust this process of release

Eyebrow: I am open to allowing negative thoughts
Side of eye: It is okay to have negative feelings
Under the eye: I give myself permission to experience them
Under the nose: I know I can choose to stop them at any time
Chin: Maybe I can ask what they wish to share
Collar bone: I am open to connecting deeply with the positive
Under the arm: I choose to receive the gifts in the negative
Top of the head: I choose to transform

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.