

Guided Tapping for Revenge 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 the people who have hurt me to pay, I deeply love and accept myself.
Even though I think some actions must have consequences, I deeply love and accept myself.
Even though I play judge and jury, I deeply and completely love and accept myself.

Eyebrow:	People must pay for what they have done
Side of eye:	They should suffer for their wrongs
Under the eye:	It's their karma
Under the nose:	Everything comes full circle
Chin:	It is deserved
Collar bone:	These things made my life hell
Under the arm:	They are to blame
Top of the head:	I want payback
Eyebrow:	Perhaps I can let go of my resentment
Side of eye:	No more animosity
Under the eye:	I forgive every wrong
Under the nose:	I surrender to forgiveness
Chin:	I let go of all this desire for revenge
Collar bone:	I'm also sorry for the wrongs I have caused
Under the arm:	Perhaps I can let go of judgment
Top of the head:	Perhaps I don't have to experience it as a wrong
Eyebrow:	Maybe I can break the cycle
Side of eye:	Perhaps there is nothing to condemn
Under the eye:	We are already perfect
Under the nose:	There is no corrective action needed
Chin:	I am responsible for my own suffering
Collar bone:	I choose bliss instead
Under the arm:	There is no absolute right or wrong
Top of the head:	There is only love

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.