

## Guided Tapping for Worry 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 worry all the time, I deeply and completely love and accept myself.  
Even though I am always anxious, I deeply and completely love and accept myself.  
Even though I can't seem to relax, I deeply and completely love and accept myself.

Eyebrow: I am a worrier  
Side of eye: I stress over plans  
Under the eye: I want to prevent problems  
Under the nose: I want to stop mistakes  
Chin: I seek as much control as I can  
Collar bone: It's not good for my health  
Under the arm: It impacts the quality of my life  
Top of the head: It takes so much time and energy

Eyebrow: I'm sorry this anxiety prevents me from enjoying  
Side of eye: I am afraid  
Under the eye: I forgive myself for being unnecessarily afraid  
Under the nose: I fear what might happen  
Chin: I am willing to let go of all this anxiety  
Collar bone: Perhaps I can release this sense of danger  
Under the arm: Maybe there is nothing to worry about  
Top of the head: Perhaps I can trust that I am fully supported

Eyebrow: I am willing to acknowledge my fears  
Side of eye: Maybe I can cope with all of it  
Under the eye: I am open to nurturing myself  
Under the nose: I can support myself  
Chin: I can take responsibility  
Collar bone: I am strong and resilient  
Under the arm: I am capable and empowered  
Top of the head: I can handle this moment right now

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.