

Guided Tapping for Appreciation 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 appreciated, I deeply and completely love and accept myself.
Even though I am not recognized by others, I deeply and completely love and accept myself.
Even though I have not been rewarded, I deeply and completely love and accept myself.

Eyebrow: I feel like I give away too much
Side of eye: I don't get anything back
Under the eye: People take advantage
Under the nose: I wish people saw my gifts
Chin: I want to receive compliments
Collar bone: When will my work be recognized
Under the arm: I am taken for granted
Top of the head: I feel neglected

Eyebrow: I'm sorry I don't feel appreciated
Side of eye: I forgive myself for wanting more attention
Under the eye: Maybe I can let this go
Under the nose: Perhaps I can compliment myself
Chin: It is possible what other people think is of no consequence
Collar bone: It is possible what I think matters
Under the arm: I am ready to love myself
Top of the head: I am ready to love every contribution I make

Eyebrow: I am open to giving thanks for myself
Side of eye: Maybe I don't need recognition from others
Under the eye: Perhaps I can appreciate myself
Under the nose: I am open to feeling worthy
Chin: I am open to seeing my amazing qualities
Collar bone: I am ready to notice the fabulous job I am doing
Under the arm: I value myself
Top of the head: I am rocking it

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.