

Guided Tapping for Empowerment 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 empowered, I deeply and completely love and accept myself.

Even though I wish I felt in control, I deeply and completely love and accept myself.

Even though I feel small and insignificant, I deeply and completely love and accept myself.

Eyebrow:	I have no say
Side of eye:	It feels like someone else is running my life
Under the eye:	I usually do what other people want
Under the nose:	I feel so limited
Chin:	I feel like my life is in service to others
Collar bone:	I want to give
Under the arm:	Somehow I'm still attached to what I am giving
Top of the head:	Something feels off

Eyebrow:	I'm sorry I don't feel connected to my source
Side of eye:	I forgive myself for not being connected to love
Under the eye:	There is a possibility I can be love
Under the nose:	Perhaps I can let go of my fear
Chin:	Perhaps I can claim my power
Collar bone:	Maybe all I have to do is ask
Under the arm:	I am open to being clear about what it want
Top of the head:	I am allowed to ask for what I want

Eyebrow:	I give myself permission to receive what I want
Side of eye:	Maybe I can give without losing anything
Under the eye:	I am open to life being effortless
Under the nose:	Perhaps I can be in the flow
Chin:	I am open to letting go of the fight
Collar bone:	Perhaps I am unlimited
Under the arm:	I am ready to expand
Top of the head:	Anything is possible

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.