

Guided Tapping for Freedom 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 feel trapped, I deeply and completely love and accept myself.
Even though there is no way out, I deeply and completely love and accept myself.
Even though I have no choice, I deeply and completely love and accept myself.

Eyebrow: I don't feel like I have a choice
Side of eye: I have duties
Under the eye: Things I have to do
Under the nose: I am not in control
Chin: Other people dictate my path
Collar bone: My mindsets hold me back
Under the arm: All my time is taken up on social obligations
Top of the head: All my energy goes on daily grind

Eyebrow: I define myself by this structure
Side of eye: I'm sorry I can't see the alternatives
Under the eye: I forgive myself for following every convention
Under the nose: Perhaps I don't have to
Chin: It is possible that I can redefine myself
Collar bone: I'm ready to change
Under the arm: Maybe I can choose
Top of the head: I am open to taking a new responsibility

Eyebrow: I can create the life I want
Side of eye: I am open to believing
Under the eye: Perhaps I can pursue different goals
Under the nose: Maybe I am already free
Chin: I give myself permission to do it differently
Collar bone: I am allowed to let go of my roles
Under the arm: I am free to choose my thoughts
Top of the head: I am new in every moment

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.