

Guided Tapping for Irritation 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 am super irritated, I deeply and completely love and accept myself.
Even though I am always annoyed, I deeply and completely love and accept myself.
Even though this makes me scratchy, I deeply and completely love and accept myself.

Eyebrow: I am irritated
Side of eye: This is not what I want
Under the eye: It will be hard
Under the nose: I really don't want to
Chin: It will cost me
Collar bone: It is something I don't want to give
Under the arm: There is nothing in it for me
Top of the head: I feel obligated

Eyebrow: This goes against my values
Side of eye: I feel like I am betraying myself
Under the eye: I would like to approach this differently
Under the nose: But I don't know how
Chin: I am open to figuring it out
Collar bone: I'm sorry I'm so irritated
Under the arm: I forgive myself for getting worked up
Top of the head: Perhaps I can try something different

Eyebrow: I am open to letting go of all my irritation
Side of eye: Perhaps I can honor myself
Under the eye: As well as the circumstances
Under the nose: I am thankful for the new skills this brings
Chin: Maybe it is making me have healthier boundaries
Collar bone: Maybe it is making me clearer on what I want
Under the arm: It is illuminating my choices
Top of the head: And I can choose to be calm

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.