

Guided Tapping for Joy 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 serious all the time, I deeply and completely love and accept myself.

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

Even though I find myself full of sorrow, I deeply and completely love and accept myself.

Eyebrow: Life is so sad
Side of eye: And disappointing
Under the eye: It is full of trials and tribulations
Under the nose: I can't be joyful in this context
Chin: It is hard to celebrate
Collar bone: It feels wrong to be happy
Under the arm: I want to be joyful
Top of the head: But it doesn't seem possible

Eyebrow: I am sorry I feel so despondent
Side of eye: Maybe these negative feelings don't have to prevent joy
Under the eye: I forgive myself for holding back my joy
Under the nose: I let go of any conditioning that says I can't be joyful
Chin: I let go of any resistance to joy
Collar bone: I release any guilt about feeling joyful
Under the arm: I am allowed to be joyful even where there is pain
Top of the head: I give myself permission to experience joy

Eyebrow: Maybe I can be joyful
Side of eye: Perhaps I just have to choose joy
Under the eye: It is okay to allow joy in
Under the nose: I am ready to receive joy
Chin: I can appreciate what is by being joyful
Collar bone: I am open to letting joy be an expression of my love
Under the arm: My life is awesome
Top of the head: Joy is my reality

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.