

Guided Tapping for Knowledge 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 wish I understood, I deeply and completely love and accept myself.
Even though I don't know enough, I deeply and completely love and accept myself.
Even though I feel stupid, I deeply and completely love and accept myself.

Eyebrow:	I have to understand
Side of eye:	I need to know more
Under the eye:	Knowledge makes me feel safer
Under the nose:	Like I have some control
Chin:	There is always more to learn
Collar bone:	I judge myself when I don't know
Under the arm:	I am frightened when I don't know
Top of the head:	I wish I felt at ease with myself

Eyebrow:	I am looking to understand everything outside of me
Side of eye:	It could be that my knowing comes from within
Under the eye:	I am open to honoring myself
Under the nose:	I am open to knowing what I want
Chin:	I can connect with my inner essence
Collar bone:	Even if words don't do it justice
Under the arm:	Perhaps I can trust my intuition
Top of the head:	Maybe I can hear my inner wisdom

Eyebrow:	I am allowed to listen to my gut
Side of eye:	What if there is nothing out there to know
Under the eye:	What if everything I need to know is given
Under the nose:	At a deep level the path is clear
Chin:	I am open to letting go of the pressure to understand
Collar bone:	I am ready to experience the joy of just knowing
Under the arm:	Perhaps I can embrace what is
Top of the head:	The space contains it all

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.