

## Guided Tapping for Passion 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 engaged, I deeply and completely love and accept myself.

Even though I feel disconnected from life, I deeply and completely love and accept myself.

Even though I am missing the passion, I deeply and completely love and accept myself.

Eyebrow:	I don't care
Side of eye:	I want to care
Under the eye:	Nothing interests me
Under the nose:	I don't want to get hurt
Chin:	I fear showing what I want
Collar bone:	People will use that information against me
Under the arm:	They will undermine me
Top of the head:	It's dangerous to commit

Eyebrow:	I never get what I want
Side of eye:	I am sorry I am denying my dreams
Under the eye:	Perhaps I am allowed to pursue my passions
Under the nose:	Perhaps I am allowed to have fun
Chin:	I forgive myself for not allowing myself to care
Collar bone:	It is okay to share my deepest desires
Under the arm:	Maybe it is not possible for others to undermine my wishes
Top of the head:	Maybe I will always get what I want

Eyebrow:	I give myself permission to care
Side of eye:	I am allowed to show an interest
Under the eye:	I am open to being passionate about life
Under the nose:	I am open to being connected to what I want
Chin:	Perhaps I can be motivated and committed
Collar bone:	Maybe I can be joyfully focused
Under the arm:	And imagine my passions being fulfilled
Top of the head:	I am now gratefully engaged

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.