

## Guided Tapping for Pessimism 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 pessimistic, I deeply and completely love and accept myself.  
Even though I expect the worst possible outcome, I love and accept myself.  
Even though everything is awful, I deeply and completely love and accept myself.

Eyebrow:	I only see the downside
Side of eye:	I am sensitive to problems
Under the eye:	I can't see the positive
Under the nose:	Everything is getting worse
Chin:	I feel like we are doomed
Collar bone:	It is a tragedy
Under the arm:	The world is no good
Top of the head:	I'm no good
Eyebrow:	I am sorry I view things this way
Side of eye:	I forgive myself for this negative framework
Under the eye:	Perhaps I can believe in myself
Under the nose:	Perhaps I can believe in others
Chin:	I want to feel joy and inspiration instead
Collar bone:	I am willing to explore looking for good
Under the arm:	I am open to seeing the benefits
Top of the head:	There is a possibility I can let go of this pessimism
Eyebrow:	Maybe I am ready to see the best in everything
Side of eye:	Maybe there is good everywhere
Under the eye:	There is a possibility I can love the bad too
Under the nose:	I can start with myself
Chin:	I am open to healing the pessimism within me
Collar bone:	I am allowed to be the good I wish for in the world
Under the arm:	I am allowed to receive good things
Top of the head:	I am allowed to be optimistic

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.