

Guided Tapping for Hopefulness 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 want this, I deeply and completely and accept myself.

Even though I have no choice, I deeply and completely and accept myself.

Even though I can't see any other options, I deeply and completely and accept myself.

Eyebrow:	There is no hope
Side of eye:	I have hope
Under the eye:	It is hopeless
Under the nose:	I am hopeful
Chin:	I want more
Collar bone:	I can't seem to get it
Under the arm:	Hope is disappointing
Top of the head:	Hope is how I cope

Eyebrow:	I'm sorry I forget to be happy right now
Side of eye:	I'm sorry I forget to be grateful right now
Under the eye:	I forgive myself for placing my joy in the future
Under the nose:	Perhaps I can be more present
Chin:	Perhaps I can wait for clarity
Collar bone:	Maybe I can be patient
Under the arm:	Maybe all my dreams are coming
Top of the head:	I can live them now in my imagination

Eyebrow:	I am open to not needing to hope
Side of eye:	I am open to having faith
Under the eye:	Perhaps I just have to trust
Under the nose:	All is as it is meant to be
Chin:	It is possible the source of everything is love
Collar bone:	I am open to embracing change
Under the arm:	What if I am part of the change for the better
Top of the head:	Everything is for my good

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.