

Guided Tapping for Love 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 love myself, I choose to be open to appreciating and accepting myself.
Even though I am not loved, I choose to be open to appreciating and accepting myself.
Even though I cannot feel the love, I choose to be open to appreciating and accepting myself.

Eyebrow:	I don't feel loved
Side of eye:	I wish I could connect to love
Under the eye:	There is no love
Under the nose:	I only feel hurt
Chin:	and shame
Collar bone:	and guilt
Under the arm:	and fear
Top of the head:	I want to feel blissful instead
Eyebrow:	I'm sorry I don't feel loved
Side of eye:	I forgive myself for not allowing love
Under the eye:	I am open to experiencing love
Under the nose:	Perhaps I can let love in
Chin:	Maybe I can become a channel for love
Collar bone:	It could be that love is all there is
Under the arm:	There is a possibility that I can love myself
Top of the head:	It is possible that I can love others
Eyebrow:	I am open to being love
Side of eye:	Perhaps I am already love
Under the eye:	Maybe love is all that I am
Under the nose:	Maybe love is all that you are
Chin:	Maybe love is just what is
Collar bone:	I love you
Under the arm:	I am the love that you are
Top of the head:	You are the love that I am

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.