

Guided Tapping for Unworthiness 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 worthy, I deeply and completely love and accept myself.

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

Even though I am unworthy, I deeply and completely love and accept myself.

Eyebrow:	I want to feel worthy
Side of eye:	I wish I was connected to my worthiness
Under the eye:	I don't have worth
Under the nose:	I take up space
Chin:	I have no value
Collar bone:	My gifts are worthless
Under the arm:	I am worthless
Top of the head:	I don't appreciate my value
Eyebrow:	Perhaps I am priceless
Side of eye:	I am sorry I feel so unworthy
Under the eye:	I forgive myself for not recognizing my worth
Under the nose:	I am open to having infinite worth
Chin:	Maybe my value is without limit
Collar bone:	I am allowed to take up space
Under the arm:	I am allowed to appreciate myself
Top of the head:	I give myself permission to receive appreciation
Eyebrow:	Perhaps I don't need to understand my worth
Side of eye:	Perhaps I don't need to rationalize my worth
Under the eye:	I am open to just trusting in my worth
Under the nose:	The fact that I am here demonstrates my worth
Chin:	I am open to just knowing my worth
Collar bone:	Maybe I can have faith in the value of all I do
Under the arm:	Maybe I can have faith in the value of my being
Top of the head:	I have worth beyond measure

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.