



Positive Intelligence ©

Guided Tapping Transcript for the Hyperachiever Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Hyperachiever? 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 must achieve my goals for my self-respect and self-validation,
I deeply and completely love and accept myself.

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

Even though my focus on performance means I neglect my deeper emotional needs,
I deeply and completely love and accept myself.

Eyebrow:	I must be the best
Side of eye:	I am super competitive
Under the eye:	It's important to me to feel successful
Under the nose:	I only feel worthy when I am successful
Chin:	I hide behind my credentials and achievements
Collar bone:	If I can't be outstanding, I won't bother
Under the arm:	I have to be efficient and effective
Top of the head:	Life is about achieving and producing results
Eyebrow:	I can only accept myself when I am in pursuit of success
Side of eye:	I am self-promoting
Under the eye:	I can be anything I want to be
Under the nose:	Image and status matter to me
Chin:	Portraying a perfect public image helps me achieve results
Collar bone:	I am focused on thinking and action
Under the arm:	Emotionality reduces my performance
Top of the head:	Feelings distract me from achieving my goals

Guided Tapping Transcript for the Hyperachiever Saboteur continued

Eyebrow:	But setting and reaching goals is not making me happy
Side of eye:	Sometimes I feel empty and depressed inside
Under the eye:	The actions I take don't have much personal meaning
Under the nose:	I don't want others to see my faults
Chin:	I cover up my insecurities
Collar bone:	I don't want people to see that I am an imposter
Under the arm:	So, I keep them at a safe distance
Top of the head:	I find it hard to be introspective
Eyebrow:	In my early years, I got more attention when I did well
Side of eye:	I learned to look outside myself for validation
Under the eye:	I demand too much of myself and others
Under the nose:	I am sorry I have lost touch with my deeper feelings
Chin:	I am sorry I judge others on their achievements
Collar bone:	I forgive myself for focusing so much on my ambition
Under the arm:	I forgive myself for putting so much time and energy into being impressive
Top of the head:	And neglecting other aspects of life
Eyebrow:	Perhaps I can have fun with my imperfections
Side of eye:	Maybe I can celebrate being still
Under the eye:	I am willing to enjoy the moment
Under the nose:	I am open to setting a new goal of having no goals
Chin:	I love myself with or without awards
Collar bone:	I am ready to let go of being a workaholic
Under the arm:	I am ready to let people see all of me
Top of the head:	And to appreciate me just for being

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.