



Positive Intelligence ©

## Guided Tapping Transcript for the Pleaser Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Pleaser? 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 seek acceptance by constantly serving and supporting others, I deeply and completely love and accept myself.

Even though I am disappointed when others don't know what I need, I deeply and completely love and accept myself.

Even though I don't ask for or sometimes even know what I want, I deeply and completely love and accept myself.

<b>Eyebrow:</b>	My agenda is what other people want
<b>Side of eye:</b>	I feel compelled to serve them
<b>Under the eye:</b>	If I put myself first I feel guilty
<b>Under the nose:</b>	When I ask for what I want people get angry
<b>Chin:</b>	If I go after what I want others will abandon me
<b>Collar bone:</b>	I fear what others will do if I don't keep them happy
<b>Under the arm:</b>	I resent being taken for granted
<b>Top of the head:</b>	But I can't take time for my own needs
<b>Eyebrow:</b>	It is only safe if everyone likes me
<b>Side of eye:</b>	Good people put the needs of others ahead of their own
<b>Under the eye:</b>	It bothers me when people don't notice or care about what I have done for them
<b>Under the nose:</b>	They can be selfish and ungrateful
<b>Chin:</b>	No one else will make others a priority
<b>Collar bone:</b>	The world would be a better place if everybody did this
<b>Under the arm:</b>	Doing the right thing is so exhausting
<b>Top of the head:</b>	I'm burning out

# Guided Tapping Transcript for the Pleaser Saboteur continued

**Eyebrow:** My caregivers always put their needs ahead of my own  
**Side of eye:** Any attention was conditional on reducing their burdens  
**Under the eye:** I cannot please myself  
**Under the nose:** I do not have a plan for me  
**Chin:** I find it hard to ask for support  
**Collar bone:** The only way to get acceptance is through helping others  
**Under the arm:** I really want to be appreciated by others  
**Top of the head:** I am open to being lovable simply as I am.

**Eyebrow:** I'm sorry other people feel obligated to me  
**Side of eye:** I'm sorry helping too much makes other people dependent  
**Under the eye:** I forgive myself for putting other people's wishes first  
**Under the nose:** I forgive myself for neglecting my own dreams  
**Chin:** I am willing to let go of any resentment and anger  
**Collar bone:** I am thankful I know how to care for others  
**Under the arm:** But now I'm ready to care for myself  
**Top of the head:** I love being empowered

**Eyebrow:** I am open to following my own agenda  
**Side of eye:** Perhaps I have the time and energy to do what I want  
**Under the eye:** I am allowed to focus on my own emotional, physical, and financial needs  
**Under the nose:** I can be energized again  
**Chin:** Maybe I don't have to give it all away  
**Collar bone:** It is possible there are other ways to gain acceptance  
**Under the arm:** I'm ready to take balanced responsibility for myself  
**Top of the head:** I give myself permission to be selfish

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.