



Guided Tapping Transcript for the Restless Saboteur

Positive Intelligence ©

Consider the challenges this Saboteur holds for you. How strong is your Restless? 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 am rarely at peace with the activity I am involved in, I deeply and completely love and accept myself.

Even though I am always looking for a better experience, I deeply and completely love and accept myself.

Even though I can't stand being bored, I deeply and completely love and accept myself.

Eyebrow:	I am impatient with the current thing
Side of eye:	What's happening right now is not good enough
Under the eye:	I want to do something better
Under the nose:	I always wonder what's up next
Chin:	I don't want to miss out
Collar bone:	What are my other options?
Under the arm:	This isn't fulfilling
Top of the head:	The next thing has got to be more exciting

Eyebrow:	Life is too short
Side of eye:	I want to live it fully
Under the eye:	If I don't like it now, I will hate it later
Under the nose:	I constantly seek excitement and stimulation
Chin:	I don't want to do things that are unenjoyable
Collar bone:	These negative feelings are awful
Under the arm:	I must escape these unpleasant feelings
Top of the head:	Why can't anyone keep up with me?

Guided Tapping Transcript for the Restless Saboteur continued

Eyebrow: I am often easily distracted
Side of eye: I can get too scattered
Under the eye: I can find myself overwhelmed juggling tasks
Under the nose: My life is a frenzy
Chin: When I'm not busy I feel empty
Collar bone: But when I'm too busy I get burned out
Under the arm: I find it hard to nurture myself
Top of the head: I am trying to escape from the anxiety of deep interaction

Eyebrow: I'm so sorry I cannot seem to focus
Side of eye: I'm so sorry I don't follow through
Under the eye: I forgive myself for always changing course
Under the nose: I am thankful for having so many options
Chin: It gives me the opportunity to refine what I want
Collar bone: I don't have to take on so much
Under the arm: It is okay to just be with myself
Top of the head: Even if its uncomfortable

Eyebrow: I am open to being still
Side of eye: I am open to finding balance
Under the eye: Perhaps I can enjoy this moment right now
Under the nose: There are so many gifts in the current experience
Chin: Maybe I can experience more from life by embracing annoyance too
Collar bone: I can be more meditative
Under the arm: I just have to breathe
Top of the head: My choice is already perfect

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.