



Positive Intelligence ©

## Guided Tapping Transcript for the Stickler Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Stickler? 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 have a strong need for order, I deeply and completely love and accept myself.  
Even though I seek absolute perfection all the time, I deeply and completely love and accept myself.

Even though I feel anxious when things are not organized, I deeply and completely love and accept myself.

<b>Eyebrow:</b>	Right is right and wrong is wrong
<b>Side of eye:</b>	I know the right way
<b>Under the eye:</b>	I hate mistakes
<b>Under the nose:</b>	I have to be faultless so things get done correctly
<b>Chin:</b>	I get so frustrated when I don't meet my standards
<b>Collar bone:</b>	I have a personal obligation to do the right thing
<b>Under the arm:</b>	It is up to me to fix whatever mess I encounter
<b>Top of the head:</b>	I am anxious that my order and balance will be lost

<b>Eyebrow:</b>	Other people have lax standards
<b>Side of eye:</b>	I am frustrated when others can't do it well enough
<b>Under the eye:</b>	I feel angry that I constantly have to step in to fill the gap
<b>Under the nose:</b>	I get scared that others will mess it up
<b>Chin:</b>	It's so disappointing when other people don't do it properly
<b>Collar bone:</b>	I have to work overtime because others are sloppy and lazy
<b>Under the arm:</b>	If you can't do it perfectly, don't do it at all
<b>Top of the head:</b>	I was appreciated for being organized when I was young

# Guided Tapping Transcript for the Stickler Saboteur continued

Eyebrow:	Let's face it, I am the best at what I do
Side of eye:	If only they could do the job to this level
Under the eye:	Perfectionism is good
Under the nose:	It helps me feel better about myself
Chin:	If I am perfect, others will treat me well
Collar bone:	I am frightened of not being punctual and methodical
Under the arm:	This makes me irritable and tense
Top of the head:	And opinionated and sarcastic
Eyebrow:	I'm sorry I'm so critical of myself and others
Side of eye:	I'm sorry I make them anxious about their performance
Under the eye:	I'm sorry I expect others to have ridiculous standards
Under the nose:	I'm sorry being demanding causes others to resent me
Chin:	I'm sorry I'm so hard on myself
Collar bone:	I forgive myself for having to make the perfect impression
Under the arm:	I forgive myself for being so sensitive to criticism
Top of the head:	I am thankful that I appreciate when something is at its best
Eyebrow:	I am open to things not being perfect
Side of eye:	Perhaps I can relax and release the pressure
Under the eye:	Mistakes happen and it's okay
Under the nose:	Maybe I can accommodate being more laid back
Chin:	I am willing to let go of all this anxiety and frustration
Collar bone:	I can be in the moment and know when it is enough
Under the arm:	Things can be messy
Top of the head:	I am loved perfect or imperfect

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.