



Guided Tapping Transcript for the Victim Saboteur

Positive Intelligence ©

Consider the challenges this Saboteur holds for you. How strong is your Victim? 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 been deeply hurt, I deeply and completely love and accept myself.

Even though I can't stop thinking about my own personal suffering, I deeply and completely love and accept myself.

Even though I want to release my pain, I deeply and completely love and accept myself.

Eyebrow:	I tend to brood
Side of eye:	I am overly melancholy
Under the eye:	I feel isolated and lonely, even when I have company
Under the nose:	I feel like I have been abandoned
Chin:	I'm always negative
Collar bone:	I am envious of others
Under the arm:	I compare myself to others and I always come out wanting
Top of the head:	This is just the way things are

Eyebrow:	No one understands me
Side of eye:	Poor me
Under the eye:	Terrible things always happen to me
Under the nose:	I might be uniquely disadvantaged and flawed
Chin:	I am what I feel
Collar bone:	I wish someone would rescue me from myself
Under the arm:	I'm just too sensitive and temperamental
Top of the head:	If I don't get what I want I will withdraw, pout, and sulk

Guided Tapping Transcript for the Victim Saboteur continued

Eyebrow: When things get tough, I want to crumble and give up
Side of eye: I am unconsciously attached to having difficulties
Under the eye: When I am dramatic and temperamental people pay attention
Under the nose: It provides a false sense of connection
Chin: When people feel sorry for me it feels like they care
Collar bone: When I was young, I did not feel seen or accepted
Under the arm: I am still searching for nurturing
Top of the head: It is exhausting

Eyebrow: I get angry and sad when it appears to be missing
Side of eye: I'm so sorry I'm suffering
Under the eye: I am sorry I am so draining to be around
Under the nose: Life is so difficult
Chin: I forgive myself for staying small
Collar bone: I am ready to let go of all the self-judgment
Under the arm: I am thankful to have the opportunity to believe in myself
Top of the head: To love myself and engage and grow.

Eyebrow: I am open to feeling worthy
Side of eye: Perhaps I am deserving
Under the eye: It is possible that I am enough
Under the nose: Maybe I can live an abundant life
Chin: I can set myself goals
Collar bone: And take the steps necessary to reach them
Under the arm: I can overcome any obstacle
Top of the head: Life can be easy

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.