



Positive Intelligence ©

# Guided Tapping Transcript for the Avoider Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Avoider? 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 avoid difficult and unpleasant tasks, I deeply and completely love and accept myself.

Even though I steer clear of conflict at all costs, I deeply and completely love and accept myself.

Even though I focus on maintaining peace in an extreme way, I deeply and completely love and accept myself.

Eyebrow:	I procrastinate on things that make me feel uncomfortable
Side of eye:	If I ignore it perhaps it will go away
Under the eye:	I will do everything I can to avoid things that scare me
Under the nose:	I resent having to do things I do not like
Chin:	I feel bad about what I am putting off
Collar bone:	Doing this is just too unpleasant
Under the arm:	Maybe if I let it go it will take care of itself
Top of the head:	I don't want to ruin my sense of peace and calm

Eyebrow:	I'd rather give someone else their way than create a scene
Side of eye:	I cannot say no
Under the eye:	Sometimes I resort to being passive aggressive
Under the nose:	I know what hurt feels like and I'm not doing that to others
Chin:	Anger, hostility, and ostracism are just too painful
Collar bone:	I feel angry when others do not understand
Under the arm:	It is good to be flexible
Top of the head:	But not at the expense of taking responsibility

# Guided Tapping Transcript for the Avoider Saboteur continued

<b>Eyebrow:</b>	I can't stand tension between people
<b>Side of eye:</b>	It makes me lose my peace of mind
<b>Under the eye:</b>	Someone needs to be the peacemaker
<b>Under the nose:</b>	I always spare people's feelings
<b>Chin:</b>	But when I numb the pain it just remains
<b>Collar bone:</b>	I have early memories of conflict and tension
<b>Under the arm:</b>	I never learned constructive use of conflict
<b>Top of the head:</b>	I cannot stand up for myself
<b>Eyebrow:</b>	I forgive myself for escaping into comforting routines
<b>Side of eye:</b>	I forgive myself for putting off unpleasant tasks
<b>Under the eye:</b>	I am sorry I don't acknowledge the need for confrontation
<b>Under the nose:</b>	I am sorry I deflect when things are uncomfortable
<b>Chin:</b>	I release all my fear of conflict
<b>Collar bone:</b>	I trust that I can handle it
<b>Under the arm:</b>	I am willing to trust that others can handle it too
<b>Top of the head:</b>	Standing for something could be empowering
<b>Eyebrow:</b>	Perhaps I don't have to say Yes to things I don't want
<b>Side of eye:</b>	Saying No could be saying Yes to myself
<b>Under the eye:</b>	Maybe sharing what I truly want will strengthen my bonds
<b>Under the nose:</b>	I give myself permission to experience tension
<b>Chin:</b>	I can choose my level of discomfort
<b>Collar bone:</b>	Challenge and feedback support improvement
<b>Under the arm:</b>	What if I viewed conflict as a gift for growth?
<b>Top of the head:</b>	It is okay to be uncomfortable

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.