



Positive Intelligence ©

Guided Tapping Transcript for the Controller Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Controller? 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 need to take charge, I deeply and completely love and accept myself.

Even though I need to control people and situations, I deeply and completely love and accept myself.

Even though I get extremely anxious when I'm not in control, I deeply and completely love and accept myself.

Eyebrow:	I get scared when I am not in control
Side of eye:	I get anxious if things are not going the way I want
Under the eye:	I have trouble accommodating other possibilities
Under the nose:	I am impatient when there is no plan
Chin:	I intimidate others to make them go along
Collar bone:	I get angry when others don't follow
Under the arm:	If I don't control others, they will control me
Top of the head:	Being out of control is terrifying

Eyebrow:	I am trying to get the job done for all our sakes
Side of eye:	Without firm management, nothing gets done
Under the eye:	People need to be pushed beyond their comfort zone
Under the nose:	Others want and need me to take control
Chin:	I am doing everyone a favor by taking the lead
Collar bone:	No one tells me what to do
Under the arm:	Strong people take charge
Top of the head:	I must control the situation so that it goes my way

Guided Tapping Transcript for the Controller Saboteur continued

Eyebrow:	I was pushed as a child to take on too much responsibility
Side of eye:	I was rewarded for telling other people what to do
Under the eye:	I was punished if I was not commanding
Under the nose:	I learned to connect through conflict
Chin:	I vowed to never be that vulnerable again
Collar bone:	I cannot admit when I feel hurt and rejected
Under the arm:	I do not take enough account of other people's feelings
Top of the head:	I am surprised that others get hurt by my actions

Eyebrow:	I am sorry I have so much fear when I'm not in control
Side of eye:	I am sorry others feel controlled and criticized by me
Under the eye:	I forgive myself for frightening others to get things done
Under the nose:	I forgive myself for all the hurt I have caused
Chin:	I make peace with being pushed beyond my abilities
Collar bone:	I am open to confronting others from a place of love
Under the arm:	I don't need fear to beat the odds and do the impossible
Top of the head:	I release all the fear I have around being controlled

Eyebrow:	I am open to empowering others by asking for their input
Side of eye:	To putting the best possible outcome ahead of my fears
Under the eye:	I am thankful for the opportunity to collaborate
Under the nose:	I am open to being confident and decisive in a new way
Chin:	Perhaps I can connect by being vulnerable
Collar bone:	Perhaps I can lead with understanding and inspiration
Under the arm:	I can let others find their own way
Top of the head:	I can go with the flow

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.