



Positive Intelligence ©

Guided Tapping Transcript for the Hyperrational Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Hyperrational? 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 process everything rationally without emotion, I deeply and completely love and accept myself.

Even though I am perceived as cold and distant, I deeply and completely love and accept myself.

Even though I cannot see the value of emotions, I deeply and completely love and accept myself.

Eyebrow:	It's so frustrating when people are emotional
Side of eye:	Feelings throw you off balance
Under the eye:	They make you lose control
Under the nose:	They cannot be trusted
Chin:	They cost time and energy
Collar bone:	Why can't others understand this point of view?
Under the arm:	Being rational is more efficient
Top of the head:	Logical processing is better

Eyebrow:	To be competent, I need to shut out emotional intrusions
Side of eye:	Feelings are distracting and irrelevant
Under the eye:	Feelings make you irrational and prone to failure
Under the nose:	Feelings create sloppy thinking and mistakes
Chin:	It is better to focus on knowledge, understanding, and insight
Collar bone:	The rational mind is the most important thing
Under the arm:	I prefer to analyze rather than experience feelings
Top of the head:	I can show my feelings through my passion for my ideas

Guided Tapping Transcript for the Hyperrational Saboteur continued

Eyebrow:	It's important to have an active mind
Side of eye:	I have always been praised for being smart
Under the eye:	Being rational brings order to chaos
Under the nose:	By being analytical I can take control
Chin:	I cannot be intelligent AND emotional
Collar bone:	I feel shame and guilt when I don't get good results
Under the arm:	Emotions are scary
Top of the head:	Emotions hurt

Eyebrow:	I'm sorry people see me as intellectually arrogant
Side of eye:	I'm sorry I take debate and skepticism too far
Under the eye:	I forgive myself for not sharing my deepest feelings
Under the nose:	I forgive myself for being too private and secretive
Chin:	I am thankful for my ability to concentrate
Collar bone:	Even when I lose track of time
Under the arm:	Happiness, joy, and inspiration are emotions
Top of the head:	These are also missing from my life

Eyebrow:	I am open to the possibility that emotions can be good
Side of eye:	Perhaps I can be more flexible in my relationships
Under the eye:	Maybe I can share more
Under the nose:	Is it possible that emotions have value?
Chin:	Maybe there are other forms of intelligence
Collar bone:	I am open to experiencing the benefits of emotions
Under the arm:	I give myself permission to connect emotionally
Top of the head:	I am allowed to feel

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.