



Positive Intelligence ©

# Guided Tapping Transcript for the Hypervigilant Saboteur

Consider the challenges this Saboteur holds for you. How strong is your Hypervigilant? 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 am constantly anxious about what could go wrong, I deeply and completely love and accept myself.

Even though I cannot let my guard down, I deeply and completely love and accept myself.

Even though I must be vigilant all the time, I deeply and completely love and accept myself.

Eyebrow:	I am always anxious
Side of eye:	Life is full of dangers
Under the eye:	I am extremely sensitive to risk
Under the nose:	Something bad is coming
Chin:	I must identify all potential problems before they occur
Collar bone:	If I don't look out for them, who will?
Under the arm:	I am fearful that I will not prevent something serious
Top of the head:	I have to ensure safety

Eyebrow:	The best plans go wrong
Side of eye:	I have to be on the lookout
Under the eye:	If I miss the danger signal, I am responsible
Under the nose:	I will be to blame
Chin:	I am always worrying
Collar bone:	It is exhausting for me and for others
Under the arm:	I constantly expect mishap and disaster
Top of the head:	People think I am overreacting

# Guided Tapping Transcript

## for the Hypervigilant Saboteur continued

Eyebrow:	What happens if I don't spot a mistake?
Side of eye:	Or notice a mess up?
Under the eye:	It so sad that I cannot trust
Under the nose:	I am suspicious
Chin:	I am skeptical
Collar bone:	I am cynical
Under the arm:	I have chronic doubts about myself and others
Top of the head:	So I seek guidance from rules and authority
Eyebrow:	My caregivers growing up were often unpredictable and unreliable
Side of eye:	If I don't keep watch there will be more pain and suffering
Under the eye:	I'm so sorry I can't relax
Under the nose:	I'm sorry others tire of me crying wolf
Chin:	I forgive myself for taking life so seriously
Collar bone:	I forgive myself for not being able to contain my fear
Under the arm:	I am thankful I am learning it is not all on me
Top of the head:	I am thankful for my compassion
Eyebrow:	I am ready to let people take responsibility for their own pain and suffering
Side of eye:	I am open to letting go of all this worry
Under the eye:	Who will I be without this tension?
Under the nose:	Perhaps I can be free of anxiety
Chin:	Maybe I can trust that all is as it's meant to be
Collar bone:	I am free to choose when I am responsible
Under the arm:	I am okay with what is - good or bad
Top of the head:	All is well

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.