



Guided Tapping Transcript for the Judge Saboteur

Positive Intelligence ©

Consider the challenges this Saboteur holds for you. How strong is your Judge?
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 hard on myself, I deeply and completely love and accept myself.

Even though I criticize others, I deeply and completely love and accept myself.

Even though this situation is to blame, I deeply and completely love and accept myself.

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| Eyebrow: | I feel so ashamed |
| Side of eye: | I am a failure |
| Under the eye: | I do not have what it takes |
| Under the nose: | What have I done now |
| Chin: | I make so many mistakes |
| Collar bone: | I cannot get it right |
| Under the arm: | I am useless |
| Top of the head: | I am an idiot |
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| Eyebrow: | I struggle with guilt |
| Side of eye: | Everyone else is so stupid |
| Under the eye: | They always mess it up |
| Under the nose: | They don't know what they are doing |
| Chin: | Whatever they touch is a disaster |
| Collar bone: | What are they thinking |
| Under the arm: | I have no tolerance for this |
| Top of the head: | What is wrong with them |

Guided Tapping Transcript for the Judge Saboteur continued

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| Eyebrow: | I have so much disappointment |
| Side of eye: | Is this all there is? |
| Under the eye: | This situation is broken |
| Under the nose: | It is full of pain |
| Chin: | It is lacking |
| Collar bone: | It is senseless |
| Under the arm: | I cannot stand it |
| Top of the head: | These circumstances are at fault |
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| Eyebrow: | I am sorry I have found fault with myself |
| Side of eye: | I am sorry my glass is half empty |
| Under the eye: | I forgive myself for being so negative |
| Under the nose: | I forgive every complaint |
| Chin: | No more moaning |
| Collar bone: | No more nagging |
| Under the arm: | I am thankful for experiences that teach me compassion |
| Top of the head: | I now embrace the positive |
| | |
| Eyebrow: | I am open to letting go of judgment |
| Side of eye: | I let go of all blame |
| Under the eye: | I release everything that is not as I wanted or hoped |
| Under the nose: | I am open to new expectations |
| Chin: | Perhaps I can love myself unconditionally |
| Collar bone: | Perhaps I can love others unconditionally |
| Under the arm: | I can find the gift in everything |
| Top of the head: | I can allow myself to embrace all of what is |

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.