

## There is not much to laugh about

**Begin tapping on the Karate Chop Point:**

Even though it seems there is not anything worth smiling about, I love accept and forgive myself

Even though life seems to be a struggle some times, I try the best I can but sometimes is not enough, and I worry a lot, I deeply and completely love accept and forgive myself

Even though I find it hard to smile, its hard to find laughter with so much pain in my life, I worry a lot about where I am headed, where I have been, what I have done, I worry, I deeply and completely love and accept the whole of me.

**Sequence:**

Eye Brow Point	I worry about my life
Side of the Eye	I worry about the things I say
Under the Eye	I worry about the things I did
Under the Nose	I worry about where I am headed
Chin	I worry about me
Collar Bone	I don't know how to smile
Under Arm	There does not seem to be much to smile about
Top of the Head	My life doesn't seem to be worth smiling about

Eye Brow Point	There is so much pain in the world
Side of the Eye	I feel embarrassed to smile about it
Under the Eye	How can I smile and be happy
Under the Nose	I find it hard to smile with all the negative around me
Chin	Its difficult to laugh at myself
Collar Bone	I should be serious about my life
Under Arm	Its not right to laugh and shrug it off
Top of the Head	I should analyze everything and find all the wrongs in it

Eye Brow Point	But maybe there is good in my life
Side of the Eye	Maybe I need to focus more on the good in my life
Under the Eye	Maybe I do need to smile more
Under the Nose	Maybe I could learn to find the funny side of life
Chin	I guess I do take myself way to serious
Collar Bone	I guess I could learn to lighten up
Under Arm	Even laugh at myself
Top of the Head	Even if it means accepting my seriousness

Eye Brow Point	Maybe for just today I will smile more
Side of the Eye	I might even enjoy my day
Under the Eye	If I enjoy myself more I might enjoy others more
Under the Nose	For today and tomorrow I will smile more
Chin	I will give away more smiles
Collar Bone	I will laugh at my silly thoughts
Under Arm	I will laugh at the worried look on other peoples faces
Top of the Head	I will laugh for I know that in the end what else can I do



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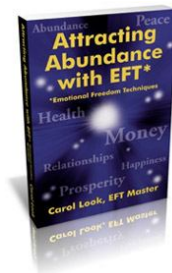
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