

Tapping Tree

Most Pressing Issue _____

SDS 1 ____ SUDS 2 ____ SUDS 3 ____ SUDS 4 ____

Leaves: Current Disturbing Events or Situations

Branches: Emotions you feel about those events or situations

Trunk: Childhood (or any) events that have similar feeling or result

Roots: Beliefs about yourself or about life that you likely formed from those early events

Tapping Tree

Learning to Tap effectively - and getting into the habit of tapping when you're upset - can absolutely change your life. It can transform painful patterns into ease, harmony, peace, confidence and joy.

The process described here is my adaptation of the Tapping Tree that Nick Ortner presents in his book, *The Tapping Solution*.

How Use the Tapping Tree

You can use the Tapping Tree process when something is upsetting you, or when you notice a life pattern that you'd like to make healthier/more resourceful. In either case, the Tapping Tree process will do the following:

- reduce stress, lower cortisol in your body
- help you feel more calm and relaxed, increasing wisdom and perspective
- give you insights about how today's triggers were formed
- bring unconscious patterns into your conscious awareness, giving you more choice in how you respond to life

Filling in the Form

1. **Select an issue** to use at the subject of your Tapping Tree. The more narrow your issue, the more likely you'll see quick results. Example: *The fight I had with my husband last night*. But it's ok to experiment with broad issues as well - *My Anger*, for example.

Create a short name for your issue (Like a movie title).

Example: *Fight with husband last night*

2. **Fill in the components** of the Tapping Tree, beginning at the top, with the leaves.
3. **Leaves - recent events:** These are names for single events that have happened recently in your life that seem related to your title.

The diagram shows a 'Tapping Tree' form. At the top, it says 'Most Pressing Issue' with four boxes for 'Issue 1', 'Issue 2', 'Issue 3', and 'Issue 4'. Below this is a box labeled 'Leaves: Current Disturbing Events or Triggers'. The main vertical line of the tree has several horizontal branches extending to the left and right. One of these branches is labeled 'Trunk: Chances for long events that have a long history of result'. At the bottom of the tree, there is a box labeled 'Roots: Events about which you feel you fully know from those daily events'. The entire form is enclosed in a box with the title 'Tapping Tree'.

Look at each event and come up with at least one belief you could have formed from that event. You may not know for sure what beliefs you formed, so just make a logical guess. You can ask yourself, "What beliefs did I likely form from this?" Or, "What beliefs could I have formed?"

Here are beliefs I think I formed from my events above:

Event: Mom said, "Your teeth are disgusting" **Beliefs:** I'm disgusting. I'm not lovable. Something's wrong with me.

Event: I broke Marsha's watch, **Beliefs:** I don't take good care of things. I can't be trusted with people's stuff. It's not safe to not get attached to material things.

Tapping the Tree

Now's time to use what you've written to tap.

The simplest way to do that is to simply begin tapping at the top of the head and work your way down.

Example:

Top of the head - say the title of the whole tree

Eyebrow: read one of the leaves

Side of eye: second leaf

Under eye: 3rd leaf

Under nose: 4th leaf

Chin: Thorn 1

Collarbone: Thorn 2

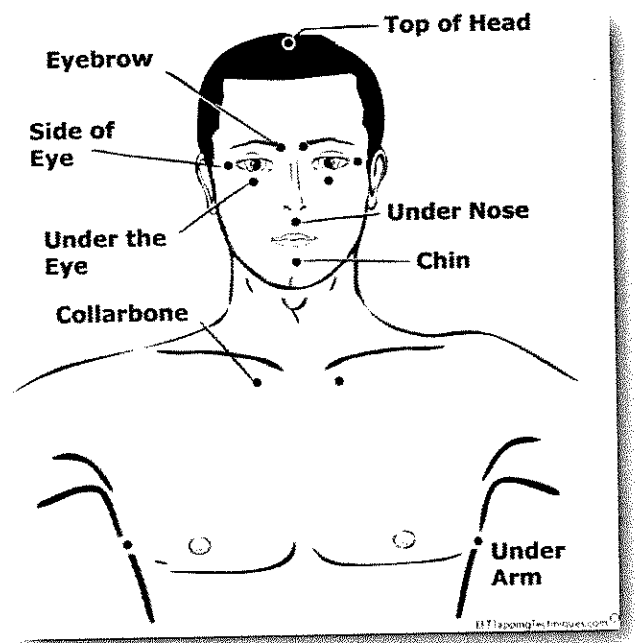
Under arm: Thorn 3

Top of head: Thorn 4

Eyebrow: Branch 1

Side of Eye: Branch 2

and continue tapping as you read down your Tapping Tree.



Focus on 1 pain at a time and go through this process for each

Choose the strongest one to start.

Journal answers to some or all of the questions

Symptoms (the leaves)

1. If this pain had a colour what would it be?
 - a. What texture
 - b. What sound does this
 - c. Is it hot/cold
 - d. Dull/sharp
 - e. Radiate/stay still
 - f. Like a wave/hammer/razor sharp knife?
2. Rate the intensity out to 10 (SUDS)
3. Use these to create your set up phrase eg even though I have this intense, red, razor sharp pain in my shoulder blade... I choose to (*accept myself/accept this pain and be at peace anyway etc*)
3x on KC point
4. Tap a round or two of the tapping Points 'This pain...' 'It's safe to feel this pain' 'It's safe to release this pain etc

Choose to release stress and anxiety. Safe to release this pain – speak to every cell around this pain etc

Use the questions below to go deeper into the underlying patterns and causes
Don't have to answer all questions, Use as a springboard to stimulate your own insights and intuitions

Write whatever comes to you however 'disconnected' it would appear.

Once you have a full picture Tap through the issues you have identified and trust your intuition about what else might come up.

Emotions (the branches) – suggested questions

1. How do you feel about this physical pain?
2. How do you feel about how the pain limits you?
3. How do you feel about your life with this pain?
4. How do you feel about yourself with this pain/health challenge?
5. How do you feel about your body?
6. What particular part of your body feels these emotions?
7. What part of your life is currently experiencing the most stress?
emotions and thoughts
8. What particular person is pushing your buttons right now – emotions
and thoughts
9. What other negative emotions are you feeling right now? About other
people? About yourself?

Events (the Tree Trunk)

1. What was going on in your life when this began?
2. How did it feel?
3. Other events in your life that still have an emotional charge (even if it
doesn't seem related to your pain)

Beliefs (the Roots)

1. What beliefs do you have about this pain in your body? (eg *I will always
have it because the doctor said I would.*)
2. What beliefs do you have about living a pain free life?
3. What beliefs do you have about your health in general?
4. What beliefs do you have about your ability to heal?
5. I have this pain because
6. I believe my body is...
7. I believe the chances of being pain free are....
8. I'll always be in pain because ...
9. The pain isn't getting better because ...
10. Nothing works for me because