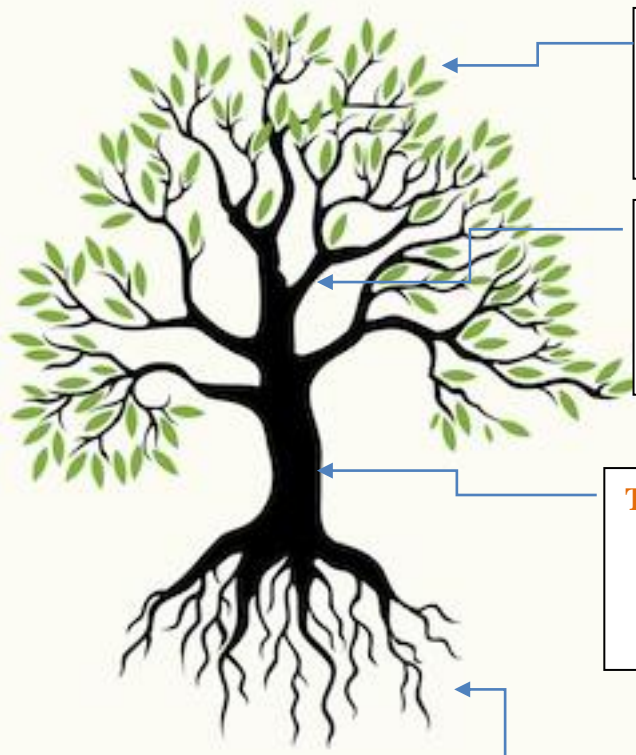


The Tapping Tree*

Think of a *Specific Issue* – Write it here _____



Leaves: What are the **Symptoms** or **Side effects** to this issue for you?

Branches: What are the **Emotions** around this issue?

Trunk: What **Events** are connected to this issue?

Roots: What underlying messages and **Beliefs** do you hold related to the issue named?

Now – Take a step back and review what you have created. You can start anywhere on your tree. Some folks suggest going leaf to leaf, others just jump right in and go for the roots – what feels right to you?

One interesting thing to remember, and I have found this to be absolutely true in my own practice with tapping, once you start clearing things away – there is often a *whoosh* and many obstacles can come down at once. So don't think you will be buried forever in the minutia of your problem. That is what I initially thought – "*Gosh, I'll never be able to do all this work!*" Not true – it is a Jenga game – give it a try!

And another thing – it may take time. Don't forget to do the 1-10 ranking now and again because the changes really can sneak up on us. I've found in some cases that I'll tap on an issue and think – "*Huh, nothing happened.*" And then a week later – it does.

If all this is confusing, but you are interested and curious, consider working with a practitioner. It doesn't have to be me, but I'm totally open to answering questions about the process. Shoot me an email, I'd love to hear from you.

*N. Ortner (2013) *The Tapping Solution*; Hay House Publishing