



The Tapping Tree: Identify Your Targets

Symptoms/Side Effects (The Leaves): Addictions, PTSD, Heart Ailments, Hypertension, Weight Issues, Asthma, Self-Sabotage, Pain and Illness, Clutter and Procrastination, etc.

Emotions (The Branches): Shame, Guilt, Remorse, Rejection, Anger, Resentment, Sadness, Depression, Powerlessness, Fear, Anxiety, Stress, etc.

Events (The Trunk): Detached parents, bullied growing up, abandoned/betrayed, abused in any way, over disciplined/criticized, physically punished, family fighting/shouting, unsupported or unloved, alcoholic parent, etc.

Limiting Beliefs (The Roots): “I can’t do anything right”, “I’m not safe, I’m not okay”, “I’m not lovable”, “I’m different”, “I’m not worthy”, “I’m not good enough”