

# Tapping Tree

Most Pressing Issue \_\_\_\_\_

SDS 1 \_\_\_\_\_ SUDS 2 \_\_\_\_\_ SUDS 3 \_\_\_\_\_ SUDS 4 \_\_\_\_\_

**Leaves:** Current Disturbing Events or Situations

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**Branches:** Emotions you feel about those events or situations

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

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

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