



## 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"