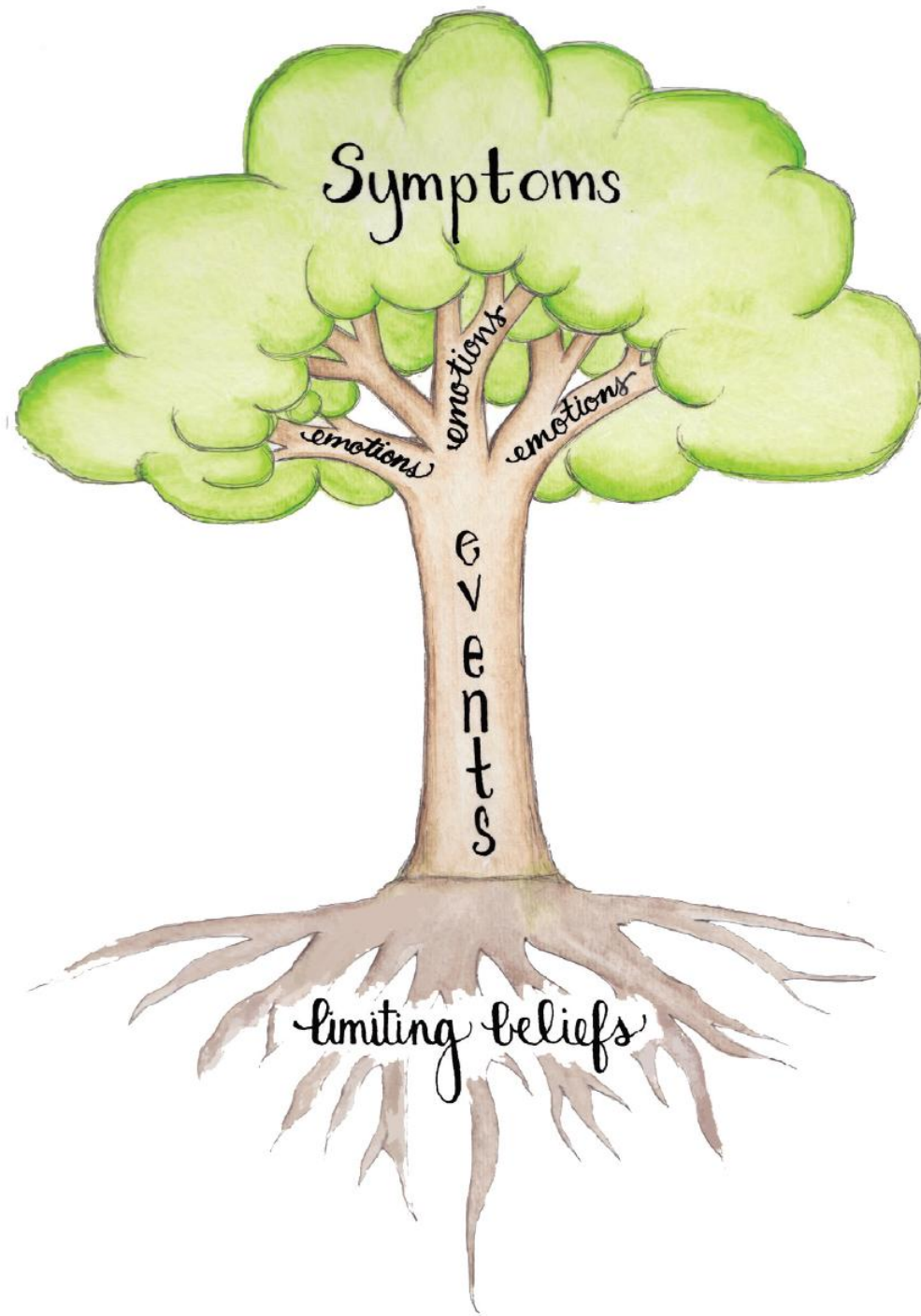


TAPPING TREE EXERCISE



This exercise is to create your own tapping tree. It is a wonderful way to see what is happening in your life, and you might find how things are related.

Look at your symptoms: the physical, emotional and the practical.

THE LEAVES OR "THE SYMPTOMS"

Think how does your body feel, do you have any pain, allergies, other physical ailments. What do you complain about to others? When someone asks what is wrong, what do you say? These are your leaves.

Write down as many as you can think of:

THE BRANCHES OR "THE EMOTIONS"

Then looking at your emotions which are the branches. What emotions do you feel on a regular basis? When you go to bed at night, what keeps you awake? Looking back over the past few weeks. What have you been feeling?

Write all these feelings as your branches.

THE TRUNK OR "THE EVENTS"

Then down to the trunk of the tree - the events that have happened in your life. (It needs to be a very thick trunk for most of us) When you think about your life, particularly your early life, what do you remember?

Just note down the ones that seem the most powerful. This one has many layers and as you do more of this work you will uncover more events that you thought you had forgotten.

THE ROOTS OR "THE LIMITING BELIEFS"

Then finally to the roots the beliefs that you have about yourself and life. About money, relationships, children, parents, business, health, ageing, beauty, love, safety.

Some questions to ask yourself:

- Who do I think I am?
- What do I think is true about money?
- What do I think about relationships?
- What do I think about my body/weight/looks/health?
- What are my beliefs about the world?

Write down as many things as you can think of, and keep writing when new thoughts pop up in the future. These are all clues as to where the issues are that are stopping you from having what you want.
