



Looking-Glass Counselling

Llandudno

Victoria Martin MBACP (Registered)

MAAMET (Accredited)

Your EFT “Tapping Tree”

EFT is easy to use as a self-help tool, but to get the most out of it, be as specific as you can when choosing your tapping “targets”. Rather than tapping on a complex problem that has multiple aspects and factors, break your problem down and tap on each of these aspects separately. The Tapping Tree is a useful aid for helping you break down your problem into its individual aspects.



Roots (Beliefs):

How you interpret the world around you is determined by what you believe. In other words, you don't see the world as it is; you see the world *as you* are. In this sense, you truly do create your own reality! But a belief is just a thought – a thought that you keep thinking. You didn't necessarily choose your beliefs - if you'd had different parents, teachers, friends and family, you probably would have ended up with different beliefs. But you can choose to believe something else, or stop believing something you're no longer convinced of, something that's limiting you. When you change your beliefs, you change your world. What do you believe about your problem? What have you been told about it?



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Trunk (Events)

The trunk of the tree grows out of the roots, just as our stories about the events of our lives – our interpretation of those events - grow out of our beliefs. It's not so much what has happened to you that's shaped the person you are, but how you interpreted what happened, what you told yourself about it, to make sense of it. When you think about your problem, what events are significant? If you were to explain the history of your problem, what events would you include?

Branches (Emotions)

How we feel depends on what we believe about – what we tell ourselves about - the things that happen to us, the events in our lives. It might go something like this: I believe it's bad to hurt other people. I believe if you hurt others, you should be ashamed and made to feel guilty, and possibly even punished. Something I did hurt someone. I feel ashamed. I feel guilty.

What are your most common emotions around your problem? Write down anything and everything you feel when you think about your problem or how you perceive yourself having this problem.

Leaves (Symptoms)

Then we get to the top of the tree – growing out of the branches/the emotions - the problem itself. Sometimes, the leaves/the symptoms are all we look at, all we see. The leaves represent the reality of whatever is going on. Whatever the problem is, how is it manifesting itself? This might be a physical symptom, a behaviour you want to change, a situation you can't tolerate, or a way of thinking or feeling that's limiting you and your ability to live life to the full.