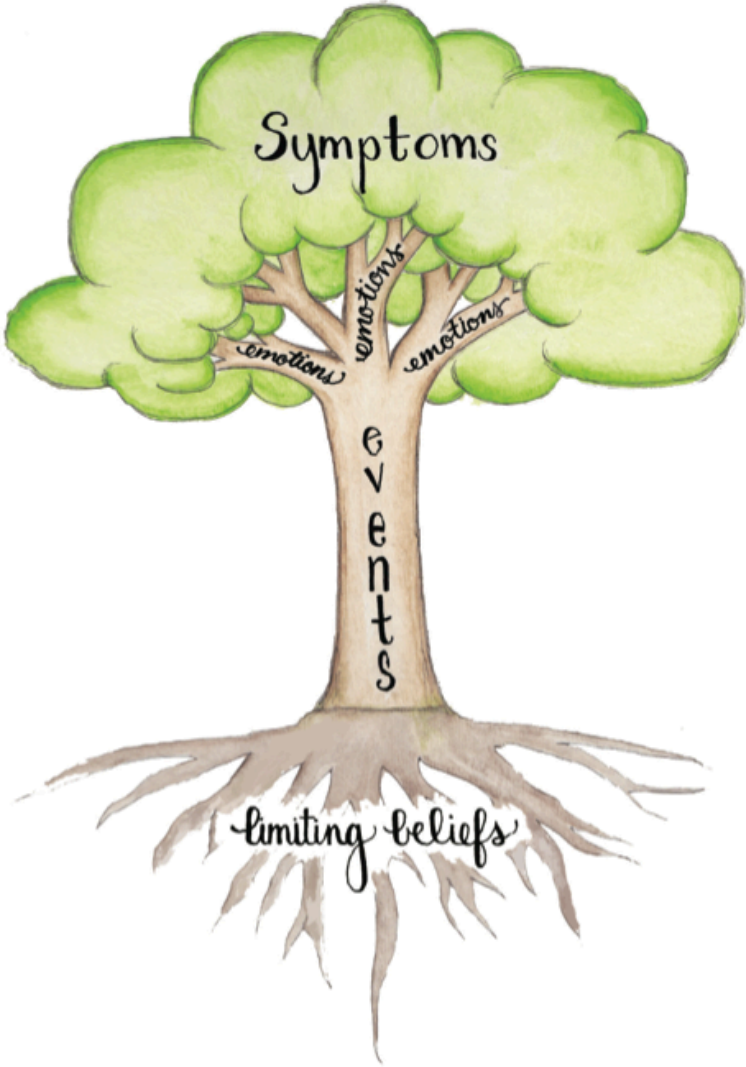




# The Tapping Tree



Symptoms: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Events: \_\_\_\_\_

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Limiting Beliefs: \_\_\_\_\_

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## **The Leaves** - The “side effects” or “symptoms”

What is your reality right now around weight loss? (Here you might write in “40 lbs overweight,” or “I have cravings for junk food,” or “I don’t like to exercise” or even just “I don’t feel good enough in my body”)

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## **The Branches** - Your “emotions” around your weight loss and how you feel about your body.

How do you feel about weight loss in general?

-Do you feel frustrated, angry, annoyed... what’s the feeling for you? How do you feel about your weight loss journey? Sad, deprived... what’s the emotion? What emotion do you feel when you think about weight loss?

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## How do feel around food?

- How do you feel when you try to eat well? Deprived, restricted, pressured? How do you feel when you eat something you're not supposed to? Do you feel guilty? Do you get angry at yourself, or frustrated with yourself later on?

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## How do you feel about exercise?

- How do you feel when you think about having to exercise? How do you feel when you start to exercise? Not good enough, embarrassed, inferior? How do you feel about your ability to exercise consistently? Do you feel ashamed because this is a struggle or imprisoned by this idea?

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How do you feel about other women who are skinny or just skinnier than you?

- What do you say about them? What emotions do you have towards them?

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-How do you feel about your body?

- When you look in the mirror, what emotion do you feel? Do you hear a harsh critical voice that makes you feel not good enough and ashamed? What emotion do you feel if I even mention looking in the mirror? And here's a tough one: what emotion comes up if I mention looking at yourself naked in the mirror?

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How do you feel in your body?

- Do you feel safe in your body? Do you feel scared in your body? Do you feel ashamed of your body? Do you feel angry at your body?

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**What area in your life is currently causing you the most stress?**

-Is it work? Is it a relationship? Is it your finances? Where do you feel stress in your life? Is there a particular person who is really pushing your buttons right now? Write anything that comes to mind.

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**What other negative emotions are you feeling in your life?**

- Do you feel sadness? Or loneliness? Or do you feel hurt, or angry? Or do you feel afraid? What emotions do you feel towards other people? And what emotions do you feel towards yourself?

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When you've dealt with those emotions that stand out for you, how have you acted when they came up?

- Like me, Have you reached for food? If so, what type of food have you eaten? Has there been a type of food or specific food, or just any food? And how much have you eaten when it comes up? Do you eat just a little or overeat? Also, how did these emotions affect your exercise? Did you lose motivation to exercise?

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**The Trunk of the Tree** - This is any important **events** that may have affected your weight and how you feel about your body.

Think about all of your experiences, from when you were a kid until today around your weight and your body...

What do you remember around your family life? Around your mother or father? Or your siblings?

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What about from your friends? Or teachers? What do you remember from grade school, or middle school, or high school?

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What did people say about your weight? And what did they say about your body?

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What experiences do you have around exercise?

- Did you feel good exercising growing up? Did you like sports, or gym class, or all those opportunities for exercise? How about as an adult? Is there any experience that sticks out in your mind? Maybe when you were running, or playing a sport, or when you were at the gym? Or maybe there are a whole bunch of experiences at the gym? Maybe you feel anxiety, or stress, every time you exercise.

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Key question: “When did this weight gain begin?”

-Was there a particular event, or time period when it all started?  
What changed in your life when you started to gain weight? Was it during a stressful time? Were you having any challenges at work? Or in a relationship? Or were you just unfulfilled or bored?

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**The Roots** - These are the most fundamental factors that are shaping your ability to lose weight: these are your **BELIEFS**

What are the beliefs you have about your body and getting healthy?

For example... “People in my family are all fat. It’s just my genetics.” or “Losing weight means I need to deprive myself.” or “People like me are never in shape.” or “My body is working against me.”

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What are the stories you tell yourself as to why you've never been able to lose weight or keep it off?

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Finish these two sentences...

I can't lose weight or be thin because...

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I want to lose weight but...

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How do you feel about losing weight?

- Are you good at losing weight? Is it easy for you to lose weight?

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## Is it safe to lose weight?

- Is it safe to be thin? What will other people think about you if you lose weight? What will your family say? What will your friends say? What will they say at work? What would be different if you were to lose weight? What would be better, and what would be worse? What's the down side of losing weight?

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## Let's look at your beliefs about food. Do any of these resonate? If so jot them down...

Healthy food is bland and boring. --- I need to deprive myself to lose weight. --- I have to obsess about calories to lose weight. --- I can't eat what I want. --- I can never be healthy and feel satisfied.

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When you exercise do any of these beliefs about yourself come up?

- You're doing it wrong. --- You can't keep up. --- You look ridiculous.
- You're too fat. --- You're too week. --- There is no point. --- It's not good enough. ---

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Let's talk about your beliefs about your body...

- What do you believe about your body? Do you trust your body?
- Does your body react the way you want it to? Finish this sentence, "My body is..."

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