Steps to Tapping it all Away

1. **Give your “tree” a name:** Tree of Trauma, Whomping tree, Tree from Hell, etc.
2. **Assign an Intensity** (10-1) by “sitting in the branches” and guessing what it would feel like
3. **Do a Reversal Neutralization** “Even though this tree affects me in negative ways, there’s a part of me that doesn’t want to let it go…”
4. **Tap it Away**
When the intensity is 10 - 8
VENT YOUR FEELINGS

No Set-up phrase needed after doing the Reversal Set up

Venting Reminder Phrases:
(on the tapping points)
- My awful, yucky tree…
- it wasn’t fair…
- all those nasty things that happened to me…
- bother me after all this time

While the intensity is still 10 - 8

More Venting Reminder Phrases:
- it wasn’t fair
- it really hurt me and was so sad
- it wasn’t my fault
- all of that trauma, angry and sadness
- all of those negative feelings
- all of those beliefs I formed about myself

Do 2 – 3 rounds of venting, then reassess the Intensity. When it’s an 8 or less go to the next step

When the intensity is between 8 & 4
USE DESIRE STATEMENTS

Reversal Set-up: Even though I’m hurt by my Trauma Tree, there’s a part of me that doesn’t want to let it go.

Desire Reminder Phrases: (on the points)
- I want to let it go
- I am willing to release the trauma … and all of the pain and sadness”
- the remaining trauma tree pain
- I want to get over it now
- I allow myself to let it go
As long as the intensity is between 8 & 4

**2nd Reversal Set-up:** Even though there’s still some I’m hurt from my Trauma Tree, there’s a little part of me that doesn’t want to let it go...for whatever reason.

**More Desire Phrases:**
- Remaining TT of pain, anger and hurt
- I am willing to release it
- and any resistance to letting it go
- the remaining trauma tree “stuff”
- I want to get over it now
- I allow myself to let it go

Repeat until intensity is 3 or less

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When the intensity is 3 - 1

**USE CHOICE STATEMENTS**

**3rd Reversal Set-up:** Even though there’s still anger & sadness, I choose now to let it go.”

**Choices Reminder Phrases:**
- Remaining anger or hurt
- I choose to release it now
- Remaining Trauma Tree garbage
- I choose to neutralize it
- Any limiting beliefs I formed
- I choose to let them go!

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When at a zero:
Test yourself by trying to get upset

If something is still there, tap it away
Tap and test until the issue is truly resolved
1. Set-up Reversal Statement (on KC point) “Even though this Tree hurts me, there’s a part of me that doesn’t want to let it go…” (repeat 3 times)
2. 1st round (on tapping points: Use negative reminder phrases: “This Trauma Tree” or “My childhood pain and misery” etc.
3. 2nd round- vent your feelings “I’m really upset when I look at the whole thing. What a mess!, I really wasn’t fair, etc.
4. Reassess intensity (10-0)

Golden Gate Technique continued

5. When at 8 or below, repeat Step 1 and 2, but alternate phrases to include desire statements: This *&!# tree. I want to chop it down
6. Repeat 4 and 5 until intensity is 3 or less
7. When a 3 or below use Choices…”Even though I’m still a little angry, I choose to let it go.”
8. When at a zero, test yourself. Try to get upset and if there’s anything there, then continue to tap it away.