

Progressive EFT™
Tapping into Joy, Prosperity & Emotional Freedom

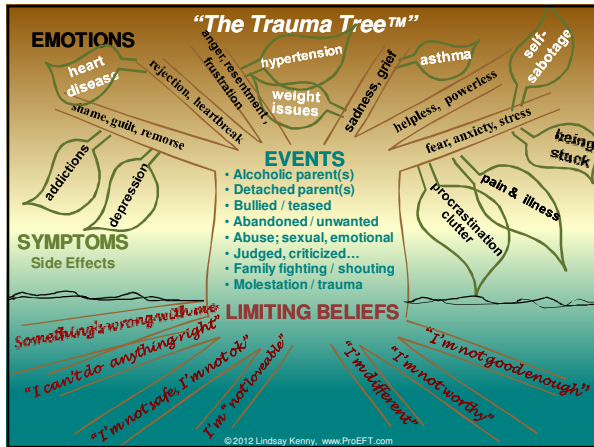



**The "Trauma Tree™"
Part 2
Tapping it all Away**

**Lindsay Kenny,
EFT Master**


© 2012 by Lindsay Kenny, www.ProEFT.com

"The Trauma Tree™"



© 2012 Lindsay Kenny, www.ProEFT.com

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

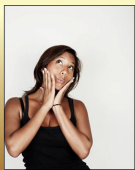
Do 2 – 3 rounds of venting, then reassess the Intensity. When it's an 8 or less go to the next step

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.



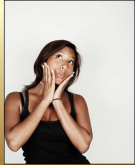
Desire Reminder Phrases: (on the points)

- 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

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!

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

For our eBook on the Trauma Tree visit
www.EFTeBooks.com



traumatree2
©2012 Lindsay Kenny, www.ProEFT.com

Golden Gate Technique



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.
