

Progressive EFT™
Tapping Into Joy, Prosperity & Emotional Freedom

The "Trauma Tree™" / Prosperity Tree

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Benefits of using the Trauma Tree

- Helps you see all elements of an issue
- Allows you to see how Limiting Beliefs are formed
- Increases the efficiency of neutralizing an issue
- Promotes a cognitive shift for traumas, emotions circumstances, and beliefs

"The Trauma Tree™"

EMOTIONS
heart disease, rejection, anxiety, depression, shame, guilt, remorse, addictions, depression

EVENTS / Circumstances

- Flawed parents; detached alcoholic, controlling, mean
- Mistreated; bullied, teased
- Abandoned; in any way...
- Abused; in any way...
- Judged; criticized, put down
- Traumatized; fighting, drama
- Molested; in any way...

SYMPTOMS Issues
hypertension, weight issues, stress, anger, asthma, self-sabotage, helplessness, powerless, fear, anxiety, stress, pain & illness, clutter, procrastination, stuck issues

LIMITING BELIEFS
 "something's wrong with me"
 "I can't do anything right"
 "I'm not safe, I'm not ok"
 "I'm not lovable"
 "I'm different"
 "I'm not worthy"
 "I'm not good enough"

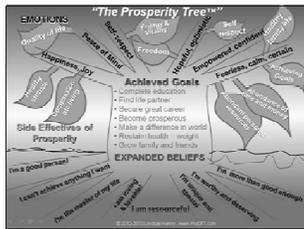
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Steps to Tapping it Away Part 2



1. **Give your "tree" a name;** Trauma or Issue Tree, Whomping tree, Tree from Hell, Sucky-Life Tree etc.
2. **Assign an Intensity (10- 1)** by "sitting in the branches" and guessing what it feels 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** – using the Golden Gate Technique

Prosperity Tree Living IN the Future



Taking your life to the highest possible level

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



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Here’s the “Tapping it Away” Part
Using the Golden Gate Technique



**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...*
- *all those nasty things that happened to me...*
- *it wasn't fair...*
- *it still impacts me after all this time*

**While the intensity is
still 10 - 8**



More Venting Reminder Phrases:

- *it really hurt me*
- *I'm still sad about it*
- *all of that trauma, angry & resentment*
- *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*

**When the intensity is
between 8 & 4**



2nd Reversal Set-up: *Even though there's still some I'm hurt, anger and limiting beliefs 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 or less**



USE CHOICE STATEMENTS

3rd Reversal Set-up: *Even though there's still some "stuff" from my TT, 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 'tree' is truly gone

**Golden Gate Technique
Reminder**



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

**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 there’s still a little left of the TT, I choose eliminate it now.*”
8. When at a zero, test again. *Try to get upset. Ifd if there’s anything there, continue to tap it away.*
