

EFT for Life:

Creating an event Tree

Leaves, branches and trunks tell us about our issues. The **leaves** are the symptoms or side effects : Addictions, PTSD, Heart issues, hypertension, weight issues asthma, self sabotage, pain, physical and emotional illness and distress



The **branches** are the emotions: Shame, guilt, Sadness, anger, anxiety, powerlessness,, fear and more

The **trunk** represents the events that we have responded to in ways that cause distress: Abandonment, abuse of any kind, betrayal, unsupported/unloved as a child etc.

EFT for Life

CREATING YOUR OWN EVENT TREE FOR
REFLECTION AND GROWTH

LEAVES/SYMPTOMS AND SIDE EFFECTS

WHAT SYMPTOMS ARE YOU CURRENTLY
NOTICING?

DO A SCAN: HOW DOES YOUR
PHYSICAL BODY FEEL?

WHAT ARE YOUR DIAGNOSES?

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THE BRANCHES: EMOTIONS

WHAT EMOTIONS DO YOU FEEL ON A
REGULAR BASIS?

WHEN YOU WAKE UP IN THE
MORNING, HOW DO YOU FEEL?

THINK BACK OVER THE LAST DAY OR TWO
AND WRITE ANY OF THE NEGATIVE
EMOTIONS YOU HAVE BEEN FEELING?

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THE TRUNK: EVENTS

WHAT EVENTS BOTH CURRENT AND PAST
ARE STILL ALIVE FOR YOU?

WHAT EVENTS HAVE BEEN A SOURCE OF
STRESS IN THE PAST WEEK, MONTH, YEAR,
DECADE? NOTE THE ONES THAT SEEM THE
MOST IMPORTANT

WHAT BELIEFS DO YOU HAVE ABOUT
YOURSELF? USE EVERY CATEGORY YOU CAN
THINK OF; MONEY, RELTIONSHPIS, BODY,
LIFE IN GENERAL

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USE THIS PAGE FOR ADDITIONAL BELIEFS
ABOUT YOUR SELF AND LIFE IN GENERAL




