

CORE CAUSES WORKSHEET



What is your issue in brief? _____

What are the negative feelings associated with it? Name the emotions.

What is your negative "self-talk" about this?

What does your culture say about this? (Include religious teachings)

When did this issue start?

Where do you feel this in your body?

What is your earliest memory of feeling the same way (and about how old were you back then?)

Who do you blame, or hold responsible, for this issue?

Who in your family or early childhood modeled similar behaviors, attitudes or feelings?

What limiting decisions/beliefs did you develop related to these early experiences?

What benefit(s) do you think you are getting by keeping these feelings or attitudes?

Next rate the intensity of your issue, and of all the things you listed. 1-10 (Ten is the most intense)

Imagine - if you didn't have this issue, how would you be feeling and living your life instead?

Look at your limiting decisions/beliefs - what new conscious beliefs would you like to install in yourself instead?

NOTE: You may not have an answer to every question asked, but what you do discover by answering these core questions will be very useful in uncovering what was underneath your issue. That information, once released through Tapping, gives you peace and newfound freedom on many, many levels.