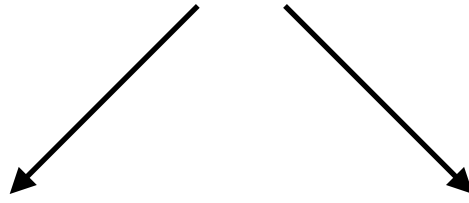


# Primary Concern

(With a Need to Make a Lifestyle Change)



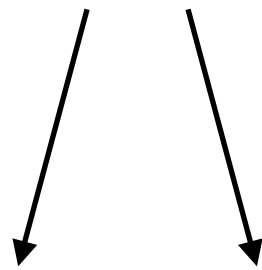
**Tapping Supports**  
Acknowledgement & Acceptance



**S.M.A.R.T. Goals**

What behaviors are they willing to change to achieve the goal?

Identify Values and Strengths  
MI



## Clearing

- Negative Emotions - Unmet Needs
- Bad Habits
- Negative Beliefs
- False Beliefs
- Trauma
- Mal-Adapted Character Structures & Selves
  - Inner Critic
  - Vulnerable Self - Victim
  - Inner Child
  - Traumatized Self
  - Voice of Craving

## Boosting

- Positive Emotions - Being Fulfilled
- Good Habits
- Positive Thoughts & Beliefs
- Supportive and Nourishg Beliefs
- Self-Compassion
- Positive Character Structures / Inspired Identity Motivation
  - Self-Kindness & Compassion
  - Empowered Self & Voices/Confidence/Courage
  - Mature Self
  - True Self, Higher Self, etc
  - Contentment/Joy
    - Inner Strengths
    - Positive Values

## Tools

- Mindful Listening
- Open-Ended Inquiry (Compassionate Inquiry, etc)
- Perceptive Reflections
- OARS
- Positive Reframing

## Goals & Motivation

- Internal Motivators
  - Future Directed
  - Inspired Identity

## Roots and Branches Applied to Tapping

**Stem/Trunk - Negative thoughts, beliefs, emotions, resistances, judgements, and internal statements**



**Branches - Conscious symptoms and disorders**

**Roots - Unconscious character structures, sub-personalities, etc. (Inner critic, inner child, victim, etc)**

**Thearpist vs. Coach**

**Cravings & Addictions Often Cover Up Emotions and Unmet Needs**

**Tap on Strong Cravings**

# Goals

## SMART

<b>S.</b>	<b>M.</b>	<b>A.</b>	<b>R.</b>	<b>T.</b>
Specific	Measurable	Achievable	Relevant	Time-Bound
Focus	SOAP	Action	to their Values	Deadline

More than being just a whimsical goal, there needs to be a **compelling vision** behind the goal. The goal should motivate them toward a future possibility and/or drive them to embody an inspired identity of their best future self. (Who do they want to become?)

How does the goal connect back to their vision of their best self?

## Planning

Detailed planning is essential to the realization of any goal. Implement a three-month plan with weekly and daily actions.

Part of planning is detailing HOW to change. This will involve specific actions. Rather than giving advice, it is essential to understand WHY they want to change. What are their internal motivators to make the changes they seek?

In creating a plan, the details are best arrived at by asking the client questions to evoke their abilities, strengths, and values to accomplish their goal. The best results are seen when their self-determination creates, organizes, defines, and implements specific actions and plans.

A key part of planning is identifying the exact actions they are willing to take to achieve their goals. These need to be organized as daily actions culminating in weekly and monthly goals.

What actions are they ready, willing, and able to take today? As the acupuncturist/therapist you cannot tell them this, they need to arrive at this based on their internal motivators, values, and strengths.

Establish accountability by having the client journal their behaviors, eating habits, smoking, times when they drink, etc.

It helps to see the plan as a process that is subject to change as needed.