



## Preparation for your Tapping Session With Jannine Oberg, MS

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### Introduction

To make the best use of our Session time, it is helpful prior to our appointment to become mindful of thoughts, self-talk, feelings, fears, beliefs, judgments, and physical responses that are blocking or limiting you from achieving your goal or handling an issue.

- A. **Narrow down the goal or issue** to one that you would like to address in our session.
- B. **Describe a negative emotion or limiting belief or stuck state** that you would like to release from your life once and for all regarding this issue. Generally this is something that just keeps coming back in your life - showing up in your love life, or with friendships or bosses, on the job, with the relatives, over and over again, you can't run or hide fast enough - it just happens.
- C. Over the next several days before our session **notice the thoughts, feelings and behavior patterns** that are blocking or interfering with your ability to pursue and succeed with your goal. **OR**  
Notice the events, circumstances, actions, statements, thoughts, feelings and behaviors that **TRIGGER** you into repeating this negative emotional response or negative belief. Also, notate **your body's response**: increased heart rate, increased blood pressure, flushed face, increased blood sugar levels, quicker breathing with constricted chest, tight throat, neck pain, decreased gastro-intestinal activity, confusion and fuzzy thinking, etc.  
  
Each day (on the page provided), **write down** what you notice, and you'll start seeing some recurring themes and identifying common denominators. Once you have that information in hand, you have the data we will put to use in our session together!
- D. Complete the **Intake form** that follows.
- E. Send the two pages of the Questionnaire to me [heartchakracoach@gmail.com](mailto:heartchakracoach@gmail.com) prior to our session. Now you have much of what's keeping you from achieving success. I will review this information and use it to set up our Tapping Session.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**CURRENT SITUATION AND DESIRED GOAL** (add pages if needed)

My Challenge in a few sentences: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will know I've reached my goal when [I feel this...act like this...believe this...]:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The trigger area for this problem – circle all that apply:

Body image, specific people, relationship/love, money, career, being seen, faith/spirituality, now that things are going well, now that things are going badly, parenting and \_\_\_\_\_

The behaviors/habits that are now occurring – circle all that apply:

Over-thinking, complaining, blaming, acting like a victim, comparing myself, isolating, gossip, quitting, over-indulging, hating my body, procrastinating, unrealistic expectations, trying too hard, obsessing about future/past, procrastinating, lashing out, judging, changing to fit...

Describe 1 or more of the above: \_\_\_\_\_

\_\_\_\_\_

My body reactions (location, description of reaction, cravings): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sentence Starters for the 'mean' unsupportive voice inside & what it's telling you:

*I think that you* \_\_\_\_\_

*Why haven't you* \_\_\_\_\_

*You should* \_\_\_\_\_

*You'll never* \_\_\_\_\_

*And another thing* \_\_\_\_\_

\_\_\_\_\_

The 'mean voice' blames, labels & judges you – circle all that apply & add others:  
*You're not enough, you're a fraud, they're better than you, you're a failure, it doesn't count  
it wasn't perfect/that's just what I do, you are unlovable, no rest until work is done!, you're a  
loser, things never work out for you, you don't have what it takes to do..., you're  
the worst... you'll be happy when \_\_\_\_\_  
and further more you are also: \_\_\_\_\_*

**QUESTIONNAIRE**

1. What was happening in your life at the time you first noticed this problem?

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2. How long has this been going on? Does or did anyone else in your family struggle with this? \_\_\_\_\_

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3. I think the reason why I haven't been able to solve this in the past is because:  
(i.e. I have a long history of this; never has worked before; this repeats childhood patterns; I'm super stuck; I don't believe in myself/the goal; my negative self-talk overpowers the positive)

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4. If you let go of this problem or it was resolved, what would you be *concerned that you would have to Do or Face*, that you **currently** don't have to do?

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5. If you let go of this problem or it was resolved, what are you *concerned might happen to you* or the people close to you? In what way *might they act differently toward you?* (i.e. they no longer extend compassion or care, they might leave the relationship)

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6. How would you feel or act if you didn't have this issue in your life? \_\_\_\_\_

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7. What would you be focusing on if you didn't spend time concerned about this issue? \_\_\_\_\_

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8. How does holding onto this problem also *help you or give you something positive?* (i.e. *By not choosing an appropriate partner, I am assured that I can keep my independence.*) \_\_\_\_\_

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9. How did people treat you and what did you tell yourself the last time you were at your best? (Reached a goal, got promoted, won an award, said "no" to someone who was asking too much of you, looked fabulous, announced how in love you or how happy you felt?)

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10. If you were to guess what the 'mean voice' inside is trying to protect you from what do you think/feel that it might be? \_\_\_\_\_

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