

The Compensation Code

The Tree Climbing Process

The Limiting Root Thought or Emotion Is:

Step 2 — Label How Bad It Is

Hold the thought in mind. On a scale of 0 to 10, how bad does it feel?

Step 3 — Start Climbing: Going Meta

How do you feel about the root thought or emotion?

“I feel:”

How do you feel about feeling (the blank you just said)? (Alternative Question: How do you think of or view BLANK now?)

“I feel:”

Keep asking until you feel you can accept that feeling/thought/or viewpoint at THAT level **without approval**. (Common emotions at high levels on the tree are “sad,” “frustrated,” “annoyed,” or any other less intense emotional state.)

Step 4 — Accept That Emotion/Feeling/Opinion/Thought/Viewpoint

When you get to the level you CAN accept without approving, *accept it*.

Say, “*I accept:*_____ *at this level.*”

Step 5 — Test It

Now that you have accepted the last limb of the tree, test it by trying to get back the original feeling about the subject.

Try to get the old feeling back. How does it feel now?

Step 6 — You’re Done, Unless...

If you get anything above a two now, you may want to climb again. You may have more than one tree to climb on this subject. You can repeat until you are below a 2 on the “How-Bad-It-Seems” Scale. Most people accept the topic on the first climb. If not, they’ll usually get it on the second climb. Rarely is a third tree needed.

However, ...

Note: Continue, unless continuing would require pushing. Otherwise, we could end up unconsciously turning TCC into another Super Prover assignment in life: “*Dale said I have to get this down to a 2.*” Which would be wonderfully ironic. 🙄

Here’s the below-2 principle: **2 or below = stop. Above 2 = you may process again if you remain in the Green Zone and resourceful. Otherwise, stop for now.**