

Freedom from Emotional Eating; *Changing your relationship with food*



How to tap

To begin we first need tap on the **Karate Chop point** (See graphic overleaf) while we create a 'Set-up Phrase'. We do this so that we can *tune into* the emotion or problem.

We start the **set-up phrase** with "Even though" to enable us to accept what we perceive as shortcomings/ failures. We then insert what is bothering us and where we feel that in the body and end with an acceptance statement.

For instance: "Even though I feel all this anger in my chest when I think about (insert what the issue is), I completely love and accept myself."

Be as clear as possible on what is bothering you. By being specific we really make a difference quickly.

How strong out of ten is that feeling; 1 being hardly any feeling at all and 10 being as bad as it can get? (we call this a SUDs level, Subjective Units of Distress). Note it down. This helps us track progress.

To begin with, if you are uncomfortable with "I completely love and accept myself", you could use, "I love and accept myself anyway" or "I acknowledge how I feel" or "I'm ok" with the intention of moving gradually to "I love and accept myself".

While you are tuning in and tapping on the **karate chop point** notice *where* you feel that emotion, what's the size, the colour, the texture? What it's made of?

Add that information into the set-up phrase.

If you don't know, guess! Try not to analyse, just go with the first thing that comes up. You cannot go wrong, honest!

Repeat the set-up phrase 3 times while tapping on the karate chop point. **Why?** Because this gives us the opportunity to really tune into the issue, where we are feeling it and how it is making us feel.

If you are experiencing more than one emotion, chose the one that feels the strongest first, then address the other once the first is at a level of about a 0-2 out of ten.

Once we have done the set-up phrase we can then begin to tap through the other points from top of the head downwards, using "**reminder phrases**". The reminder phrase could be something like: "all this anger in my chest" "red anger in my chest" "big red anger" etc.

Say it out loud. This keeps us tuned into the problem; humans are really good at getting distracted from uncomfortable emotions, so the reminder phrase is a good way to keep us on track.

Tap on the point (about 6/7 times, but no need to count) whilst saying the reminder phrase and let it sink in for a moment, and then move to the next point.

There is no right or wrong order; we just do 'top down' to make it easier. If you miss a point out,

don't worry, you can get it on the next round.

Tap gently; energy is subtle, we don't have to hurt ourselves to do this.

You can tap either side of the body, or as some do, both sides at the same time; it's entirely up to you. Do what feels good to you at the time.

Do the whole tapping round for 2/3 rounds. Then check in with yourself.

Rate that emotion.

If it's above 3, do some more tapping. You may find that the emotions shift part way through, that's ok. You may find that more information comes up, tap on that too. You may find the colour is different; the shape smaller, the texture has changed. Use all this information to start a new set up phrase.

Your body is trying to talk to you, listen and acknowledge; work with it.

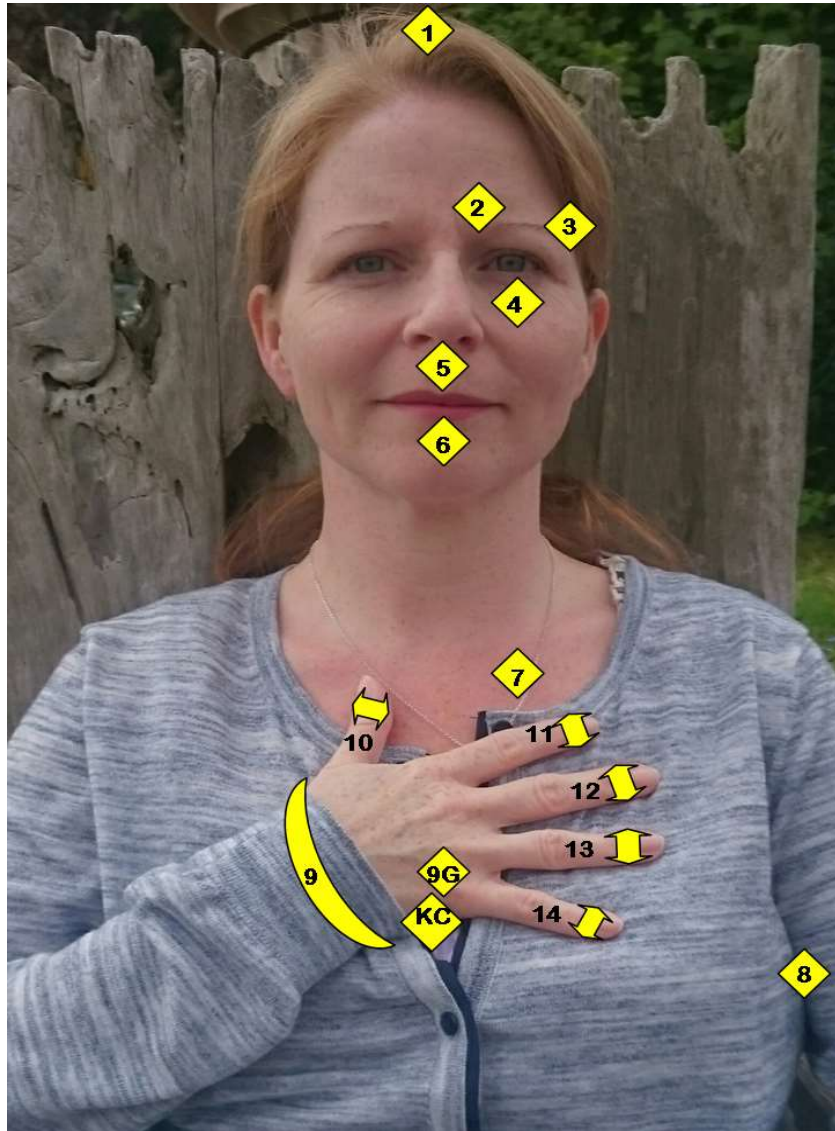
Is it below 2? Fabulous. If so, move on to the next emotion/issue.

Once you feel you have tackled all the emotions for this issue, you can use the **9-Gamut** to discharge the energy from the body/ lock in the new relaxed energy. You don't have to use this, but if you like how it feels, do it!

The singing and counting uses both sides of the conscious brain, so creating shifts in many areas of the brain.

9-Gamut Procedure

- While continuously tapping on the gamut point (shown over)
- Eyes closed
- Eyes open looking directly forward
- Then, keeping the head still and only moving eyes, look:
 - Down to the left
 - Down to the right
- Again, keeping the head still, roll the eyes
 - Clockwise (don't stress about which way, just make sure you do both ways)
 - Anti-clockwise
- Sing a tune for a few seconds (happy birthday / row the boat)
- Count to ten
- Sing a tune for a few seconds
- Stop tapping gamut point
- Deep breath in, then out.



Tapping Points

- KC Karate Chop for the set-up phrase, edge of the hand under the little finger
- 1 Top of the head, where the crown is
- 2 Inside the eyebrow, on the bone
- 3 Outside the eyebrow, on the bone
- 4 Under the eye, on the bone
- 5 Under the nose
- 6 Chin; in the dip
- 7 Collarbone; just in the dip
- 8 Under the arm, level with the nipples / bra strap
- 9 Wrist; **Inside** the wrist, across the whole wrist
- 10 Thumb; Either side of the thumb, in line with the base of the nail
- 11 Forefinger; either side of the finger in line with the base of the nail
- 12 Middle Finger; either side of the finger in line with the base of the nail
- 13 Ring Finger; either side of the finger in line with the base of the nail
- 14 Little finger; either side of the finger in line with the base of the nail
- 9G 9-Gamut; on the back of the hand, in the dip between the ring and little finger