

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



Tapping Script for: Trusting what my body wants

KC Point: Even though I am not sure that I can trust my body, I love and accept myself

KC Point: Even though I cannot really remember what it is like to trust my body, I acknowledge this and love and accept myself anyway

KC Point: Even though I want to trust my body, but that feels unfamiliar, I love and accept myself completely

Top Head: I cannot remember

Inside eye: what it is like to listen to my body

Outside eye: can I trust it?

Under eye: really?

Under nose: Can I believe that this will go ok?

Chin: will my body be too strict with me?

Collarbone: or maybe, my body will want too much food

Under arm: and maybe I can't do that

Inside wrist: I feel so conflicted

Thumb: I feel so unsure

Finger 1: I'm not use to this

Finger 2: I feel too scared to relax about it

Finger 3: I feel worried that I will get fatter

Little Finger: I'm scared that I will be more out of control

Back to the top

Top Head: I don't know if I can trust my body

Inside eye: Does it trust me?

Outside eye: I haven't listened to it in so long

Under eye: I've ignored its needs

Under nose: I've hared the way it looks

Chin: I know that I haven't looked after it properly

Collarbone: Why should I trust my body?

Under arm: When I know that it shouldn't trust me

Inside wrist: is my body willing to listen to my needs

Thumb: am I willing to listen to my body's needs

Finger 1: I'm scared

Finger 2: what if it all goes wrong

Finger 3: I don't know if I can do this

Little Finger: But maybe I could try

Back to the top

Top Head: Maybe I could give it a go

Inside eye: the way I have been so far

Outside eye: hasn't helped me yet

Under eye: maybe it will be ok

Under nose: but I won't know unless I try

Chin: I'm not sure

Collarbone: but maybe it will be ok

Under arm: it's just unfamiliar to me

Inside wrist: and maybe I need to practice

Thumb: so that it feels more normal

Finger 1: practice makes progress

Finger 2: maybe that would be ok

Finger 3: maybe I could do that

Little Finger: maybe I choose to listen to my body

Maybe I could choose to trust my body

I could try that

I now choose to trust my body

I now choose to feel more relaxed about that

I now choose to feel ok about trusting my body's choices

Toddlers do it

Eating a balance of foods over time

When they follow their body's choices

I am an adult

That could work for me too

Yes, I think I am going to give it a go

I deserve to try

It is my body

We could be a team

I'd like us to be a team

I now choose to trust my body