

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



**Tapping Script for: Rebellious Eating**

KC Point: Even though I am choosing to eat and I'm not hungry, I completely love and accept myself

KC Point: Even though I am ignoring my goal and eating it anyway I love and accept myself

KC Point: Even though I am choosing to eat because I can and no one can stop me, I love and accept myself

Top Head: I am choosing to eat

Inside eye: because I can

Outside eye: it's up to me

Under eye: and I don't care what anyone says

Under nose: it's my choice

Chin: i feel rebellious

Collarbone: you can't stop me

Under arm: I've been strict with myself before

I won't do that again

Inside wrist: and my parents were strict with me

Thumb: but I am an adult now

Finger 1: and they don't control me now

Finger 2: this is my choice

Finger 3: it feels good to be bad

Little Finger: I don't care what anyone else says

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Top Head: I want to have this

Inside eye: so I will

Outside eye: I'm not thinking about my goal

Under eye: right now

Under nose: I'm not thinking about my future

Chin: I just want it because I can

Collarbone: I feel rebellious

Under arm: I feel determined

Inside wrist: I like feeling rebellious

Thumb: it helps me feel in control

Finger 1: it helps me feel powerful again

Finger 2: leave me alone to feel like this

Finger 3: it's up to me, my choice

Little Finger: but maybe

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Top Head: but maybe

Inside eye: not all of me wants this choice

Outside eye: maybe I feel conflicted

Under eye: and I'm ignoring parts of me

Under nose: maybe I'd rather not do this

Chin: but I can't stop myself

Collarbone: and I'm not sure that I want to

Under arm: but I am sure

Inside wrist: that I don't want to keep doing this forever

Thumb: there's a part of me that feels out of control

Finger 1: and I don't like that

Finger 2: it's hurting me

Finger 3: but it's my choice

Little Finger: although it doesn't entirely feel like that

Maybe it's my defiant self

My teenage self

The one that doesn't want to be controlled

Or told what to do

But it is sticking up for me

But maybe that's not working for me like this anymore

Maybe I don't want to do that anymore  
It's hurting me to keep doing this  
I want to have REAL choice  
I want to be in control of what I eat  
I want to feel that I can choose  
Fully choose, with all aspects of myself  
Maybe I can  
Maybe i can let the rebellious eating go  
Make my own choices instead  
It's ok for me to do that  
It's ok for me to make myself wait  
Because I can have it when it supports me; when my body would appreciate it  
Nothing is off the table  
I am an adult  
It's my body, so they are my choices  
I can let that all go now  
I choose to feel at peace now  
I choose to feel relaxed about this now  
I choose to breathe now