

Freedom from Emotional Eating;
Changing your relationship with food



Tapping Script for: Trusting that this programme will work for me

KC Point: Even though I've done nothing like this before and I'm not sure it'll work for me, I acknowledge this and I love and accept myself

KC Point: Even though this is all new for me and it may be weird, I love and accept myself

KC Point: Even though I'm not sure that I can get over this problem, I acknowledge this and I love and accept myself anyway

Top Head: I'm not sure that this will work for me

Inside eye: I'm not sure that I can do this

Outside eye: I'm not sure that I can get over this problem

Under eye: I've had it most of my life

Under nose: I've never done tapping before

Chin: maybe this problem cannot be fixed

Collarbone: what if it can't

Under arm: what if I'm stuck like this

Inside wrist: what if there's no 'cure' for me

Thumb: diets haven't worked

Finger 1: and I'm stuck in this wheel

Finger 2: going round and round

Finger 3: I'm scared it won't work for me

Little Finger: what's wrong with me?

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Top Head: I am fed up with feeling like this

Inside eye: It's too painful

Outside eye: I'm scared of the change too

Under eye: I can't imagine being different

Under nose: what would it be like

Chin: who am I kidding?

Collarbone: this isn't going to work for me

Under arm: nothing else has so far

Inside wrist: But I am scared of staying this way

Thumb: I don't want to do this anymore

Finger 1: It makes me feel so sad

Finger 2: to think I might be like this forever

Finger 3: so maybe I could give this a go

Little Finger: maybe it might make things easier

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Top Head: maybe it will help me feel better

Inside eye: more peaceful

Outside eye: more relaxed

Under eye: around food

Under nose: and in myself

Chin: maybe I could try

Collarbone: I DO want to change

Under arm: but I am scared of what that might mean

Inside wrist: maybe it'll be ok

Thumb: because i am not ok at the moment

Finger 1: I am fed up with myself

Finger 2: I know what I should do

Finger 3: but I just don't

Little Finger: so maybe it's ok to have help

Maybe I could give it a go

Maybe I could choose to do this

Maybe it will be alright

It sounds like a good programme

And I want the help

I do want to change

Maybe I could give it a go
Maybe i could try something different
It might even be fun
Maybe it'll be a good choice for me
Maybe this is the help that I need
I now choose to relax about this
I now choose to give it my best attention
I know that I want to change
Maybe this is what I need
But I won't know until I have tried
Now I choose this
I choose another way
I choose to feel hopeful
I choose to feel positive
I choose to feel open to this new experience
I choose to get to understand myself better
I choose to be excited
I choose this for me