

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



### Self-Image

Your subconscious mind will do everything possible to fulfil your self-image. Reality will always match your self-image; what you believe, think and say about yourself. Change the image, the words, the thoughts, the comparisons and pictures that you create in your mind and you will change the external form. See it, feel it, hear it, know it and sense it in order to achieve it. What you see is what you will get.

You've looked at the upside of keeping the way you are, and the downside of not being the way you are. What remaining beliefs/ideas are blocking you? Have a look at the list below, what has energy for you? Use EFT to clear these last blocks to a positive self-image. Add your own as they pop into your head. And TAP ON THEM!

- "Even though I have a negative body image I deeply and completely love and accept myself anyway"
- "Even though I am afraid to see myself as slim"
- "Even though I can't stop picturing myself as fat"
- "Even though I still feel hurt about being teased at school about my weight"
- "Even though I am having difficulty about seeing myself at my goal weight"
- "Even though I still crave sugar/ carbs/ crisps etc."
- "Even though this weight loss is going too slowly"
- "Even though I seem to be at a plateau"
- "Even though I resist exercising"
- "Even though my body doesn't want to let go of this weight"
- "Even though I need to eat after work to relax"
- "Even though I put pressure on myself to be perfect"
- "Even though I am not perfect but I want to be"
- "Even though I wish I could accept myself as not perfect"
- "Even though I hate fat people because they are not perfect"
- "Even though I am afraid I'll gain the weight back like before"
- "Even though (no matter what) it is going to be a struggle to keep the weight off"
- "Even though I will always have to be on guard or else I'll put the weight back on"
- "Even if I never lose this weight, I deeply..."

Add anything else that comes to mind: