

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



### Tapping Script for: Cravings

KC Point: Even though I have this craving for \_\_\_\_\_, I acknowledge how I feel and I love and accept myself anyway

KC Point: Even though I really need to eat this \_\_\_\_\_ right now, I acknowledge that and I love and accept myself

KC Point: Even though I really want the \_\_\_\_\_ and the craving is so intense; I accept how I feel and I love and accept myself anyway

Top Head: This craving for \_\_\_\_\_ is so intense

Inside eye: I have a real need for it

Outside eye: I'm trying to ignore it but I can't

Under eye: This craving is so strong

Under nose: I need this \_\_\_\_\_

Chin: I don't have a choice

Collarbone: This craving is so real to me

Under arm: I have to have it

Inside wrist: I want to give in

Thumb: But I don't want to give in

Finger 1: This \_\_\_\_\_ has a hold over me

Finger 2: I can't let it go

Finger 3: I don't feel in control around this

Little Finger: the \_\_\_\_\_ is in control of me

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Top Head: That's not the way it should be

Inside eye: this craving

Outside eye: it's so strong

Under eye: it feels too powerful for me

Under nose: Maybe I could take back some of that power

Chin: after all it is only food

Collarbone: It's not really in control of me

Under arm: It could be my choice to be in control of the \_\_\_\_\_ instead

Inside wrist: Maybe I could be the powerful one and the \_\_\_\_\_ be controlled

Thumb: maybe that could work for me

Finger 1: maybe I want that control back

Finger 2: more than I want the \_\_\_\_\_

Finger 3: It doesn't feel intense now

Little Finger: I feel better

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Top Head: I feel more relaxed now

Inside eye: the craving is passing

Outside eye: it's only a craving

Under eye: it's not in control of me

Under nose: I can make choices

Chin: to have the food now

Collarbone: or to have it another time

Under arm: maybe I could choose to wait; it'll help me in the long term

Inside wrist: maybe that's what I have chosen

Thumb: I can wait

Finger 1: I feel so much calmer now

Finger 2: more relaxed, so much more relaxed

Finger 3: I feel at peace

Little Finger: I'm breathing and feeling ok