Freedom from Emotional Eating;

Changing your relationship with food



My 'To Tap On' List

In the space below, start to list beliefs / ideas / feelings/ situations that pop up so that you may clear them through your daily tapping practice.

Tapping everyday on the ideas etc that cause you uncomfortable feelings is a great way to release stress, relax your body and mind and allow you to find peace.

It will also help you recognise factors in your weight issues and food issues. So, tap it all away. Remember to gauge the intensity of the feeling before and after (out of ten, ten being most intense)

| Date | Need to tap on/ Tapped on (belief, feeling, situation) | Number Before | Number After |
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| Date | Tapped on (belief, feeling, situation) | Number Before | Number After |
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| Date | Tapped on (belief, feeling, situation) | Number Before | Number After |
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| Date | Tapped on (belief, feeling, situation) | Number Before | Number After |
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