

Freedom from Emotional Eating;

Changing your relationship with food



My strongest unhelpful beliefs

VoC= Validity of Cognition, which basically means: How much you believe this to be true.

Below, please write your top 10 (or 20/30) beliefs that have a VoC level of over 50%, starting with the highest.

Then add the current VoC level, i.e. 80%. Systematically tap through the belief, understanding why/where/how it came to be. Finish with understanding that it's just a point of view, that may no longer be valid and that maybe you could let that go now. Record what you notice in the notes section (colour, shape, weight, where in your body, is it yours) and add a VoC level that you take at the end of the tapping.

You may need to go back to some beliefs a few times. Don't skip this. Any belief that has a high VoC WILL sabotage your goals. Those that are moderately high (say 30-50%) MAY sabotage your goals. Once it's down to 10/20% it probably won't trouble you again.

Clear these beliefs. Clear as completely as possible. Remember WHY you want to do this.

It can and probably will, be emotional, but it will be enlightening and so worth getting out of the way. I promise you!

Date: VoC Level (before tapping)=	After=
Belief:	
Notes:	
Need to go back to it? Yes/No	

Date: VoC Level (before tapping)=	After=
Belief:	
Notes:	
Need to go back to it? Yes/No	

Date: VoC Level (before tapping)=

After=

Belief:

Notes:

Need to go back to it? Yes/No

Date: VoC Level (before tapping)=

After=

Belief:

Notes:

Need to go back to it? Yes/No

Date: VoC Level (before tapping)=

After=

Belief:

Notes:

Need to go back to it? Yes/No

Date: VoC Level (before tapping)= _____ After= _____

Belief: _____

Notes: _____

Need to go back to it? Yes/No _____

Date: VoC Level (before tapping)= _____ After= _____

Belief: _____

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Need to go back to it? Yes/No _____

Date: VoC Level (before tapping)= _____ After= _____

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Belief:

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Need to go back to it? Yes/No

Date: VoC Level (before tapping)=

After=

Belief:

Notes:

Need to go back to it? Yes/No