

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



Using EFT for positive choices

You will (hopefully) have noticed that when we tap together we tap on the truth of how you feel, then start to bring that feeling down and then we begin to add in what are referred to as 'Realisms'. "Choose to" statements are the next step onwards, where we are starting to ask ourselves to believe another way of thinking or feeling about ourselves (or others).

Remember that what you focus on is what you create more of; so focussing on your wobbly belly will not reduce it, focus on toning your beautiful belly will help your body understand what your aim is. And positive wording is very important.

- I choose to feel relaxed about my body
- I choose to feel at peace about my weight loss
- I choose to feel safe about my weight loss and success
- I choose to feel safe about getting slimmer
- I choose to feel relaxed about getting slimmer
- I choose to listen to my body and my emotions
- I choose to be kind and loving to myself
- I choose to love my body and what it does for me
- I choose to appreciate myself
- I choose to feel loved and appreciated
- I choose to know that I deserve the good things in life
- I choose to care for myself
- I choose to eat foods for my best nutrition
- I choose to value myself

Please add any other statements that you may like to use as affirmations or mantras: