

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



**Tapping Script for: Missing out if I don't eat it now**

KC Point: Even though I don't want to miss out I love and accept myself

KC Point: Even though I really want to eat \_\_\_\_\_ now in case it isn't there later, I love and accept myself anyway

KC Point: Even though I can't take a chance of leaving it in case I miss out and it's gone later, I acknowledge that and I love and accept myself

Top Head: I really don't want to miss out on this

Inside eye: There's only a limited amount

Outside eye: I really like it

Under eye: it won't be there forever

Under nose: Someone else might eat it

Chin: I can't take that chance

Collarbone: it's one of my favourites

Under arm: I'd feel sad/angry if I lost out

Inside wrist: it would put me in a bad mood

Thumb: I'm not taking that chance

Finger 1: I feel possessive over it

Finger 2: it's mine

Finger 3: it's got my name on it

Little Finger: to be sure, I need to have it now

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Top Head: but that thought

Inside eye: has so much control over me

Outside eye: it would be unfair

Under eye: if I missed out

Under nose: it's one of my favourites

Chin: but I am really not hungry at the moment

Collarbone: I'm not sure I can really fit it in

Under arm: I feel sure that my body doesn't need it right now

Inside wrist: But I am scared that I'll lose out

Thumb: But I can't fit it in

Finger 1: I'm in a bit of panic

Finger 2: I want this now

Finger 3: But I also don't want it now

Little Finger: I am conflicted

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Top Head: I feel a bit like I did as a child

Inside eye: and that side of me

Outside eye: feels stronger

Under eye: than my body thoughts right now

Under nose: I'm not sure that I want to miss out

Chin: even though I am full

Collarbone: and I'd be uncomfortable

Under arm: but maybe I could save it for later instead

Inside wrist: I'm sure I can find a safe place for it

Thumb: so that I can enjoy it at another time

Finger 1: I'd feel good about that

Finger 2: maybe that would be ok

Finger 3: Maybe I could do that

Little Finger: My body would like that

And it means

That I get to have it over more days

That feels ok

That feels possible

Maybe it will be ok to wait

I would get to enjoy it at another time

And my body will feel better

So I choose to allow myself

This space

This time

This freedom

I now choose this for me

For my best health

To show myself

That I love and respect me