

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



### Tapping Script for: Trusting the idea of no rules around food

KC Point: Even though I feel scared by the idea of lack of rules around food, I acknowledge this fear, and completely love and accept myself

KC Point: Even though I cannot trust the idea of eating what I want when I am hungry, and I feel scared by it, I love and accept myself

KC Point: Even though I can't believe that there are no rules about food really. I acknowledge how I feel and love and accept myself

Top Head: I feel scared of this idea

Inside eye: What if I go mad and eat everything

Outside eye: what if I can't stop eating

Under eye: what if I eat all the bad foods

Under nose: I can't do this

Chin: it makes me feel scared

Collarbone: but excited too!

Under arm: no rules

Inside wrist: no good or bad foods

Thumb: I've never thought like this before

Finger 1: I've never had 'no restrictions' before

Finger 2: is this safe for me to do

Finger 3: this doesn't feel safe

Little Finger: I feel I could go out of control really easily

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Top Head: can I trust myself? I know what I'm like!

Inside eye: this doesn't feel safe to me

Outside eye: I'm not used to this freedom with food

Under eye: usually there are rules to follow and that makes it clear

Under nose: about when I'm bad

Chin: and when I am good

Collarbone: they help me judge myself

Under arm: but if there are no rules how will I know what's good or bad

Inside wrist: how will I know if I've been good or bad?

Thumb: this idea scares and thrills me

Finger 1: I haven't felt so free

Finger 2: I don't feel like a mature grown up around food

Finger 3: I mostly feel like a naughty/rebellious teenager

Little Finger: I use food for all sorts of things

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Top Head: never just as fuel for my body

Inside eye: I'm not sure what that looks like

Outside eye: can I do it?

Under eye: am i capable of following this way

Under nose: or shall I stay stuck in my old ways

Chin: that have been so painful for me up until now

Collarbone: that have been so restrictive that I've ended up bingeing

Under arm: It's a radical way of thinking and it feels unknown to me

Inside wrist: maybe I need try another way

Thumb: the old ways weren't working for me

Finger 1: maybe this could work for me

Finger 2: it would be so good to feel relaxed around food

Finger 3: it would feel so good to feel peaceful around food

Little Finger: it would be so good to eat only when I'm hungry

It will be great to understand my emotions

It will feel so empowering to use food as fuel only

I will be learning how to care for myself emotionally

And my body will feel so much better not trying to digest food all the time

I am looking forward to this change

I feel excited about this different approach

I feel hopeful about my future

