

Freedom from Emotional Eating;
Changing your relationship with food



Tapping Script for: The habit of that craving

KC Point: Even though I keep craving that _____ and I know that I'm trying to avoid it, I completely love and accept myself

KC Point: Even though all I can think about is _____, I acknowledge this and I completely love and accept myself anyway

KC Point: Even though I know I shouldn't want it but I do, I completely love and accept myself

Top Head: This craving keeps coming back

Inside eye: I think I really want it

Outside eye: but I know that I shouldn't

Under eye: and there's a part of me that doesn't

Under nose: but I am ignoring that part

Chin: I don't know why I do this to myself

Collarbone: I could choose not to

Under arm: But I can't be bothered

Inside wrist: I don't have the willpower

Thumb: I just want to give in

Finger 1: Is it really a craving

Finger 2: or just a habit

Finger 3: maybe I am just used to having it

Little Finger: and I'm stuck in that cycle

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Top Head: but as I am here now

Inside eye: I may as well

Outside eye: except that I don't think I want it really

Under eye: It's just a habit

Under nose: I've got use to doing it

Chin: I don't even have to think about it

Collarbone: it's just a natural habit

Under arm: and it could take a lot to not do this

Inside wrist: but I don't want to keep doing this

Thumb: maybe it's ok to knock this habit on the head

Finger 1: maybe I could choose not to

Finger 2: just for now

Finger 3: if I keep practicing

Little Finger: not having it

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Top Head: keep practicing not getting the _____

Inside eye: then my brain will learn a new way

Outside eye: maybe I am ready to be in control about this

Under eye: maybe it's ok to change this old habit

Under nose: maybe I don't want to do that anymore

Chin: maybe I could act differently

Collarbone: maybe I could choose to act differently

Under arm: maybe I could choose to be really present to the sensations

Inside wrist: and maybe I could choose to let it pass

Thumb: I don't have to act on it

Finger 1: I could choose to stay away

Finger 2: I could choose to take back my power from the _____

Finger 3: I could choose to do what's best for me

Little Finger: in the long run

I could choose to ignore the urge of this habit

Knowing that it will pass

Nothing lasts forever

So this craving won't

This habit won't

I can let this go

It just takes practice

Practice makes progress

I choose to do this for me

I choose to do this for my future self

I choose to rest now

I choose to relax now

I choose to love me more completely

I choose love now