

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



Tapping Script for: Fear of Change

KC Point: Even though I do but don't want to change what I do and how I am, I acknowledge this conflict and I love and accept myself

KC Point: Even though I am frightened of what this change may mean, I love and accept myself

KC Point: Even though I'm not sure I can make any changes, I accept that this is how I feel and I love and accept myself

Top Head: I am frightened of change

Inside eye: what will it mean?

Outside eye: this fear of change that I feel in my _____

Under eye: what will the future look like?

Under nose: I've never done anything like this before

Chin: I'm not sure that I can do it

Collarbone: What if it doesn't work for me

Under arm: I'm scared of this change and of being different

Inside wrist: I mostly like who I am and don't want to change

Thumb: I might be a different person

Finger 1: or I might not like the way I have to live

Finger 2: this fear of change is real for me

Finger 3: all this fear that I feel in my _____

Little Finger: It's such a pressure to stay the same

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Top Head: but I don't want to be like this forever

Inside eye: I don't want to feel out of control around food

Outside eye: I want to learn to hear what my body needs

Under eye: I'm just scared of what it may say

Under nose: this future me is unknown

Chin: I'm not sure if I can do this

Collarbone: what if I fail

Under arm: what if nothing changes no matter how hard I try

Inside wrist: what if I'm doomed

Thumb: but I feel stuck, now

Finger 1: I feel frustrated with myself, now

Finger 2: I don't know what the future looks like,

Finger 3: but it can't be worse

Little Finger: I want to feel good about myself

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Top Head: I just don't know if I can

Inside eye: what if it doesn't work for me?

Outside eye: well, it won't if I don't give it my best go

Under eye: perhaps it would be ok for me to choose to help myself

Under nose: maybe I will like the change that will come

Chin: it will be under my control

Collarbone: I am an adult

Under arm: I haven't always been in control of this

Inside wrist: but maybe it would be ok to be in control now

Thumb: I now choose to release this fear

Finger 1: I now choose to feel excited instead

Finger 2: I now choose to look forward to my new future

Finger 3: I look forward to learning to relax around food

Little Finger: I look forward to looking after me the best way that I can