

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



Tapping Script for: Leaving food on my plate

KC Point: Even though I cannot leave food on my plate, I completely love and accept myself

KC Point: Even though I was brought up to clean my plate, I acknowledge this belief and completely love and accept myself

KC Point: Even though it feels wrong to leave food on my plate, I love and accept myself anyway

Top Head: I cannot leave food on my plate

Inside eye: it isn't the way that I was brought up

Outside eye: i could get in trouble

Under eye: it's so wasteful

Under nose: what would my mum/dad say?

Chin: there are starving children in the world

Collarbone: I can't leave food on my plate

Under arm: I must clean my plate

Inside wrist: it feels so wrong to leave food

Thumb: even though i am full

Finger 1: though I'm not sure I really notice

Finger 2: I just eat until it's all gone

Finger 3: it's a habit

Little Finger: I've learned to finish my plateful

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Top Head: waste not, want not

Inside eye: I must not leave it

Outside eye: Love went into the making of it

Under eye: like when mum/dad/nan used to cook for me

Under nose: I knew how much they loved me

Chin: with the food that they made me

Collarbone: I can't waste that

Under arm: it feels so wrong

Inside wrist: so wasteful

Thumb: but maybe

Finger 1: it isn't helping me to eat when I am not hungry

Finger 2: maybe I am hurting my body when I do this

Finger 3: eating this extra food

Little Finger: maybe it's not OK to do this

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Top Head: not anymore

Inside eye: maybe i could change my portion sizes

Outside eye: maybe i could save it for another time

Under eye: maybe I could make it last for more meals

Under nose: maybe that would be ok

Chin: it feels odd

Collarbone: unfamiliar

Under arm: but maybe that would be ok

Inside wrist: and it's ok not to bin it in my body

Thumb: maybe i could choose

Finger 1: to leave some food

Finger 2: on my plate

Finger 3: or in the pot

Little Finger: I don't need it all now

Maybe I will feel better in my body

If i eat a bit less

Maybe that feels ok now

I choose to give myself this option

I choose not to bin it in my body

I choose to save some for another time

I choose to love myself in other ways

I choose to feel happy and relaxed about this

I choose to allow myself

This peace

And this freedom