

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



**Tapping Script for: Being ok to face buried feelings**

KC Point: Even though I don't want to feel my feelings, I am not used to it, I acknowledge this and I love and accept myself anyway

KC Point: Even though I am afraid that my feelings may overwhelm me, I love and accept myself anyway

Top Head: I'm not sure I can handle

Inside eye: feeling my feelings again

Outside eye: it was too much before

Under eye: I didn't have time to look after me

Under nose: my \_\_\_\_\_ needed my attention

Chin: I'm not sure that I am ready for this

Collarbone: I've done ok so far

Under arm: but feelings keep popping up

Inside wrist: and I don't know why

Thumb: I sometimes don't even recognise them

Finger 1: I don't understand them

Finger 2: it's too much

Finger 3: I don't want them

Little Finger: maybe I'm scared of them

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Top Head: what if they take over

Inside eye: I'm too busy for that

Outside eye: I don't have time for all of that now

Under eye: but they keep popping up anyway

Under nose: in different ways

Chin: I find myself feeling things

Collarbone: and I don't know why

Under arm: I don't know where it has come from

Inside wrist: they are trying to be noticed

Thumb: I don't know if I can deal with this

Finger 1: maybe I am not ready

Finger 2: but maybe I don't have to solve it all right now

Finger 3: maybe it'll be ok

Little Finger: to just acknowledge

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Top Head: that they are coming up

Inside eye: maybe that's ok

Outside eye: I don't need to delve

Under eye: just acknowledge

Under nose: that's alright, I think

Chin: I can probably do that

Collarbone: I think I have space for that

Under arm: just acknowledging

Inside wrist: that idea feels a bit easier

Thumb: just giving myself permission

Finger 1: to notice them

Finger 2: they can't hurt me

Finger 3: they might be uncomfortable

Little Finger: but they are mine

And I'm already aware of them

At some level

So maybe I can do this

Maybe I can let myself off the hook

Maybe I can do this for me

It might be easier than I thought

It might be easier than ignoring them

Maybe I could choose to give myself this time

Maybe that would be ok

Maybe I could choose to do this

I'll get used to it

It just feels strange

After all they are my feelings

So I choose to acknowledge them

That's all

And that feels better

I feel a little stronger

One step at a time

Acknowledging how I feel

Bit by bit

And that's ok

I choose to do this

I choose to do this for me

(Extended script for if you know what the feelings relate to)

I choose to release

All the feelings

Around this issue

I choose to acknowledge them

To feel them

To recognise them

To acknowledge them

I had to prioritise back then

And \_\_\_\_\_ needed my attention

But now I could make some space

I could choose to acknowledge how difficult it was

How scared/angry/lost/sad I was

How scared/angry/lost/sad I felt

It was a tough time  
I acknowledge this  
And I choose to give myself space to feel it  
I choose to give myself space to release it  
I choose to gift myself this time  
I did the best I could  
And now I need to do this for me  
So that I can feel better about it all  
I choose to do this for me  
As a way to care for myself  
As a way to love myself  
I choose to feel them  
And I choose to let them go