

*Emotional Freedom from Dieting:  
changing your relationship with food*



*Tapping Script for: Food means so much to me*

*KC Point: Even though right now I don't want to give up my friendship with food, I love and accept myself (anyway)*

*KC Point: Even though food has always been there for me, I love and accept myself (anyway)*

*KC Point: Even though I don't know where I'll get my love from if I break this relationship, I acknowledge that I feel this way and love and accept myself anyway.*

*Top Head: Food has always been there for me*

*Inside eye: Food understands me*

*Outside eye: Food is my companion*

*Under eye: Food makes me feel good*

*Under nose: I feel safe with food*

*Chin: Even if it's a temporary feeling*

*Collarbone: I don't think I'm ready to change this yet*

*Under arm: I'm not ready to give this up*

*Inside wrist: Maybe one day I will be, but not yet*

*Thumb: Even if it makes me feel bad afterwards*

*Finger 1: It's easy to make me feel ok again with food*

*Finger 2: I don't have to think about it*

*Finger 3: I don't have to feel any more*

*Little Finger: I'm not ready to let that go yet*

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*Top Head: But I don't like how I feel afterwards*

*Inside eye: I feel so bad about myself*

*Outside eye: I feel stuffed*

*Under eye: I feel low*

*Under nose: But it's not as bad as feeling all the other feelings that food hides*

*Chin: Or is it?*

*Collarbone: Maybe having feelings won't be that bad*

*Under arm: I'm not ready to find out yet*

*Inside wrist: I've been this way for so long*

*Thumb: Food is my friend*

*Finger 1: It doesn't ask anything of me*

*Finger 2: I feel safe with food*

*Finger 3: I know what to expect from food*

*Little Finger: But maybe I could start to imagine another way*

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*Top Head: I don't have to do anything about it yet*

*Inside eye: But I could imagine it*

*Outside eye: Perhaps I could find other ways to deal with my feelings*

*Under eye: I can't imagine how that would feel yet*

*Under nose: But maybe I am open to ideas*

*Chin: maybe I could start to feel my feelings*

*Collarbone: Just for a few moments*

*Under arm: Maybe it would be ok to do that*

*Inside wrist: Maybe I could try*

*Thumb: It's always up to me*

*Finger 1: I can do this at my own pace*

*Finger 2: I can do this when I am ready*

*Finger 3: Maybe I can find another way to look after myself*

*Little Finger: Cos I feel bad after I have eaten to hide myself*

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*Top Head: Maybe it would be ok to see myself*

*Inside eye: Maybe it would be ok to get to know myself*

*Outside eye: Maybe I feel confident enough to take the first step*

*Under eye: Perhaps today could be the first day*

*Under nose: Just to try it*

*Chin: Just for today*

*Collarbone: No pressure*

*Under arm: It's my choice*

*Inside wrist: Maybe today I could decide to choose to feel*

*Thumb: Maybe today I decide to start to see myself*

*Finger 1: Today I see myself*

*Finger 2: Today I choose to start to feel my feelings*

*Finger 3: Today I choose to start to get to know myself in another way*

*Little Finger: Today I choose to feel confident that I am learning another way*