

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



### Future scenario testing

1. Picture yourself in the future at your goal weight/size/shape. How do you feel? Tap on anything that feels negative or unhelpful, or even if you don't feel anything about your future you; if it doesn't feel good then it won't motivate your mind towards it.
2. Imagine yourself at a meeting/appointment and not being able to eat for several hours. Is there a need to eat to calm yourself? Or does not being able to eat bring feelings of anxiety, discomfort or other unhelpful emotions? Please tap on what comes up.
3. Imagine yourself at a family gathering. You are at your goal weight/size/shape. Are all your family pleased for you, proud of you? You feel in control of your eating and are able to say no to foods that used to cause you 'trouble'. If any aspect of this scenario feels stuck/untrue/unimaginable then tap on each aspect.
4. Imagine yourself out with friends; you are feeling confident at your goal weight/size/shape. Is there anyone who would feel jealous, betrayed or abandoned (or anything else unhelpful) by your success? Tap and clear this.
5. Repeat the following statements and treat with EFT if they do not feel true (alternative phrasing can be used):
  - "I feel safe and secure at my goal weight"
  - "I feel happy about my success"
  - "I feel confident that I can maintain my weight loss"
  - "I enjoy the attention for my accomplishment"
  - "I am proud of reaching my goal"
  - "I feel peaceful in my new, slim body"
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6. What other negative consequences will occur if you lose weight?
  - "Even though I can't afford new clothes"
  - "Even though I don't want to feel the pressure of keeping the weight off"
  - "Even though I won't be able to hide behind those extra pounds anymore"
  - "Even though I resent having to maintain control"
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