



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

**Tapping Script for: Food instead of emotions**

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 after

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 anymore

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