

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



### Tapping Script for: Need to weigh myself

KC Point: Even though I see the scales and feel compelled to weigh myself, I completely love and accept myself (anyway)

KC Point: Even though I feel the need to weigh myself today I completely love and accept myself (anyway)

KC Point: Even though I don't know I need to know what the scales say, I completely love and accept myself (anyway)

Top Head: I need to know

Inside eye: The scales tell me how good I am

Outside eye: The scales tell me how bad I am

Under eye: The scales tell me what to think

Under nose: I can't imagine not weighing myself

Chin: How would I know what to think about myself?

Collarbone: I've always weighed myself

Under arm: Even though it makes me feel ..... (cross/sad etc)

Inside wrist: I think I shouldn't need to

Thumb: But I do

Finger 1: The numbers tell me everything I need to know about myself

Finger 2: The numbers tell me what sort of day ahead I have

Finger 3: The numbers tell me how to feel

Little Finger: I need to know the numbers

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Top Head: Maybe I've lost trust in myself

Inside eye: Maybe I need the scales to tell me whether I'm good or bad

Outside eye: Maybe the scales help me judge myself

Under eye: I need to weigh myself

Under nose: It's what I've always done

Chin: It's my secret

Collarbone: Maybe I could possibly imagine putting the scales away and not weighing myself

Under arm: Maybe I could imagine not knowing the numbers today

Inside wrist: Maybe I could imagine taking back my power from the scales

Thumb: Maybe I don't need the scales to tell me my worth today

Finger 1: Maybe I could find another way to judge my worth

Finger 2: Maybe I could believe my (husband) instead

Finger 3: Maybe I could believe my (friends/children) instead

Little Finger: Maybe I could feel how my body feels

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Top Head: Maybe I could start to check in with my body instead

Inside eye: Maybe I could choose to put the scales away

Outside eye: Maybe I could choose freedom today

Under eye: Maybe I could learn to trust myself

Under nose: It might take time

Chin: But I can start today

Collarbone: Learning to trust myself

Under arm: Learning to relax about all this

Inside wrist: Baby steps

Thumb: If I really need to, I could weigh myself tomorrow

Finger 1: Or maybe I could wait until Friday

Finger 2: Maybe I could see how my clothes feel instead

Finger 3: Maybe it'll be ok not to know

Little Finger: Maybe I could CHOOSE not to know

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Top Head: Maybe I could start to check in with my body instead

Inside eye: Maybe I could choose to put the scales away

Outside eye: Maybe I could choose freedom today

Under eye: Maybe I could learn to trust myself

Under nose: It might take time

Chin: But I can start today

Collarbone: Learning to trust myself

Under arm: Learning to relax about all this

Inside wrist: Noticing my clothes

Thumb: Trusting that as I relax, my body does too

Finger 1: Baby steps

Finger 2: Maybe I can do this

Finger 3: Maybe I could choose to empower myself

Little Finger: maybe I'll like that feeling