**Disclaimer**

EFT (Emotional Freedom Techniques) is a member of a new class of treatment techniques and protocols referred to as *Energy Therapy*. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide. To date, EFT and other Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems.

They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. Personally, I have not experienced any adverse side effects when applying these techniques, when the treatment protocols and suggestions were followed. This does not mean, however, that you or your clients will not experience or perceive negative side effects.

If you use these techniques on yourself or others, you must agree to take full responsibility for your own well being and you are required to advise your clients to do the same.

Before beginning any new regimen (diet, exercise, stretching, yoga, martial art, or EFT) check with your primary care physician.
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- I don’t trust myself to keep the weight off.
- No one will notice if I lose the weight.
- They’ll expect more of me if I conquer my weight problem.
- I don’t deserve to be happyuccessful/thin.

For more tapping scripts visit www.tappingqanda.com
How to do EFT with the phrases in this book?

The beauty of EFT is that it is easy to do and it can be done by anyone, anywhere. It is so quick and easy that one full round of the EFT Protocol will take less than 60 seconds.

After you have picked an issue, there are five basic steps to EFT.

1) Read statement and test truth.
   The first step is to read the "Truth Statement" for a given issue out loud. The Truth Statement is printed across the top of the page. It is not necessary to read the statement out loud, but the protocol is going to be much more effective if you do. EFT works best when we are activating the models we changing. We are more likely to be emotionally engaged into these models when saying them out loud.

   Next, rate on a scale from 0 to 10, how true the state feels in this moment. This level is called the “Subject Level of Truth" or SLT.

   For example:
     - Say out loud "I am afraid that if I lose weight my friends will be jealous."
     - Ask 0 to 10 how true does this statement sound.

   This sort of rating might be foreign to you. There are a few things to keep in mind when checking your SLT level.

   First, the most important word is "subjective". This is not a precise calculation. It is not like measuring how much something weighs. It is a guess that is relative to your experience. Imagine we both have a headache. The level of physical pain might be the same, but since getting the SLTs level, is we are creating a benchmark to determine progress. If you gave your headache a 6, then, if after taking some aspirin, it is now half as intense as before, you would now give it a 3. This is useful because it shows we are making progress. The SLTs level is only a guide to tell us what the next course of action is.

   One of my favorite responses ever to the question, "How intense is this feeling of fear 0 to 10?", was when my client said, "52!" What this told me was that this was a big deal to her; so I needed to keep on working on this issue.

   Secondly, don't get too wrapped up getting the number exactly right. At first it is going to be very weird to judge how the statement feels. If you are struggling, then the following example may be helpful:
34 EFT Scripts the Help You Shed Weight and Love Your Body

- Say out loud, "I live in the United States." See what it feels like to say that out loud. This will be your baseline of what a 10 feels like. [Note: Obviously, if you live outside the US, insert where you live into that statement.]
- Say out loud, "I live on the moon." See what it feels like to say that out loud. This will be your baseline of what 0 feels like.
- Say the Truth Statement out loud. Between the first and second statement, where does it fall. If it is half way between the two it is a 5. More than half, maybe it is a 7. If Less than half, then maybe a 2.

When in doubt, just guess. Remember, our first number is just a benchmark to see if we are making progress.

Finally, there are going to be times when you are not going to be able to come up with a number at all. This is especially true when working with kids. Rating anger 0 to 10 is far too abstract for them to handle. In these cases I have them show me with their hands, like they were showing me how big a fish is, how much fear they are feeling. I say, "Do you have this much fear?", holding my hands all the way apart, "this much?" holding my hands 18 inches apart, "or this much?" holding my hands a few inches apart. They can usually do this.

After you have said the Truth Statement out loud and rated it on the SLT scale, write the number down. Because the EFT Protocol takes less than a minute to do one round, we have the opportunity to do lots of rounds in one setting. Some issues are going to require multiple rounds of tapping and we can work on many issues in one setting. Because of this we are going to be rating lots of statements as true. By jotting down the number, we ensure we are not going to forget our baseline.

2) Tap on the side of the hand.

The second step is to read the Setup Phases out loud, while continually tapping on the side of the hand. For this step you will use your dominant hand to tap on your non-dominant hand. For this example we are going assume you are right handed. If you are left handed, just switch it around.

You are going to tap on the side of your left hand in the spot you would use if you were going to karate chop a piece of wood. The picture shows you the location of the spot.
You will tap as hard as if you were tapping on someone's shoulder to get their attention.

IMPORTANT NOTE: If it too painful to tap here, or on any of the points, STOP! It is important that you take full responsibility for your body. If it is too painful to tap, just touching or rubbing the stop is also acceptable.

Continue to tap on this spot until you have read all three lines of the setup statements out loud.

3) Tap through the body

In step three we are going to tap on eight points of the bodies meridian system. We are going to do two rounds of tapping, one with each hand.

The eight points are:
1) Eyebrow (EB): The eyebrow point is locate as close to the inside end of the eyebrow as possible. You should not be down on the bridge of your nose.
2) Side of the eye (SE): This point is as far forward on the side of your head without poking your eyeball. If while tapping your vision blurs or you see big light or dark flashes, you are tapping the wrong spot.

3) Under the eye (UE): Located directly below the pupil on the check bone. This point might be a little tender because a sinus canal is under it. If it is tender, tap lighter.

4) Under the nose (UN): Located directly between the nose and upper lip.
5) Under the month or chin (UM): This point is the dip between your lower lip and your chin.

6) Collarbone (CB): The point is a little tricky to find. It is right where the collarbone and the sternum meet. The easiest way to get this point is to look at the palm of your hand. Make a letter "L" with your thumb and index finger (with your hand open). Place your thumb on one collarbone and your index finger on the other. With your full palm, tap.
7) Under the arm (UA): This is another slightly tricky point to find. It is located along your side. It is closer to your back than your front it is about 4 inches down. It is about where your bra strap would be, if you are wearing a bra. The nice thing about this spot is it is a little tender. It will feel a little bit like a bruise. If you poke around the general area, you will know it when you find it. To be on the safe side use all four fingers when tapping here.

8) Top of the head (H): Again we are going to use all four fingers. Tap on the highest point on the crown of your head. This is the stop where they place the device to measure how tall you are at the doctor’s office. Tap as if the four fingers were tracing the mohawk you wished you always had (fingers in a line from back to front).
In the EFT Protocol, there is a phrase for each tapping point. You will tap on the first tapping point until you complete the phrase. Then move to the next tapping point and say the phrase associated with the point. You will work through each of the points twice. The first time through you will use your dominant hand. The second time through you will use your non-dominant hand.

*Important Note:* It is important you take full responsibility for your body while doing this. If it is too painful to tap on any of the points, stop immediately. If tapping is painful, rubbing or just touching the point is acceptable as well.

4) **Write down any new issues that come up.**

The models we have do not exist in isolation. Often they share information and unfortunately misinformation. As you are tapping on one issue it is very common for another issue to come up. While tapping on, "I am afraid that if I lose weight my friends will be jealous” other thoughts might cross our mind. You might also think, "I am afraid that if I lose weight my sister will feel bad” These are similar issues, but not the same issue. Write down the new issue and finish the issue at hand.

5) **Tune in and re-rate.**

The last step is to tune in and re-rate. Read the Truth Statement from the top of the page and rate the SLT. Our goal with each phrase is to get the level to zero.

If your SLT is now a zero, you are done with this issue for now. Move on to another issue.

If the SLT has gone down but is not zero, it simply means your work is not done on this issue. Repeat process by doing steps one through four again. Keep in mind that some of the models you are working on have very deep roots. Many of them have taken years to build and reinforce. EFT is a very powerful tool, but if a model has taken a decade to build, it might take more than one round of tapping to eliminate.
There is also the possibility that the SLT level will have gone up. As hard as it might be to believe, this is good news. To explain this phenomenon, let’s use the examples of sound, touch, and physical pain, because it is a little easier to understand how it works.

Every moment of the day you are receiving between two and four million pieces of information. But you don't need all of this information. For this reason, there is a part of your brain which sorts out the unnecessary information so you can concentrate on the important information. This is how you can sit in a noisy restaurant having an intimate conversation with a date and not hear any of the conversations of the tables around you. The only noise you need is coming form your companion, so that's all you hear.

Not only do you sort the sound you are receiving, but you also sort every type of information you are receiving. Right now you are not thinking about it, but you are wearing socks. The moment you read the last sentence you tuned into your feel. If you are wearing shoes and socks you felt them touching your feet. If you are not wearing shoes or socks, you felt the ground where your feet are resting. The information that socks are touching your feet is not important information. It does you no good to have our brain tuning into your socks and your feet all the time. But the moment that piece of information is important, then you tune in.

This is also true for physical pain. Your knee can hurt all day, but it is not until the moment you sit down that you really notice how much it hurts. It can be a general ache all day, but the moment you take a break then you really feel it. Your knee didn't all of a sudden start hurting more, but because you were no longer thinking about the tasks of the day you noticed the pain more.

This can also be true for the emotions we feel. If the SLT level goes up it is because you are now more tuned into the issue more than you were before. By saying the 20 phrases out loud as you tap, you are focusing more on the issue than you were before. The statement isn't truer. You just feel more accurately how true the statement is.

For EFT to work, you must be tuned into the issue you are working on. The more tuned in you are to the issue the faster and more effective EFT is going to be. When the SLT goes up it is good news because you are now more tuned in, which will help you to make quicker progress.
Identity

- I'm a food addict.
- I'm a sugar addict.
Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I'm a food addict.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I'm a food addict I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am a food addict.
Side of the eye: Part of me always wants something to eat.
Under the eye: It is my drug.
Under the nose: I always have food on my mind.
Chin: But it doesn't have to be this way.
Collarbone: I know there is an underlying cause to my food addiction.
Under the arm: It is not always going to be this way.
Top of the head: It is possible for me to not crave food.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I have make it through a day without craving food.
Side of the eye: Even though that thought feel impossible right now.
Under the eye: I have felt like I was addicted to food in the past, but this is something I can change.
Under the nose: I am making that change now.
Chin: By tuning into this feeling of addiction I am dealing with the root cause of this feeling.
Collarbone: I choose to know I can escape the clutches of this addiction.
Under the arm: I can be free of this addiction.
Top of the head: I give myself permission to be free of this addiction.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I'm a food addict.

If the statement is still true to some level, return to Step 2.
I'm a sugar addict.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I'm a sugar addict.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I'm a sugar addict I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am a sugar addict.
Side of the eye: Sugar is my drug.
Under the eye: There are times when sugar and things made with sugar consume every one of my thoughts.
Under the nose: It makes it hard for me to concentrate on anything else.
Chin: The only way I can make this feeling go away is to feed the addiction.
Collarbone: When I feed the addiction I feel great in the moment.
Under the arm: But the moment I stop eating sugar I feel horrible.
Top of the head: I feel like I have failed.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I am addicted to sugar right now, but I am not a sugar addict. Side of the eye: This is something I can change.
Under the eye: I crave sugar because it is serving me in some way.
Under the nose: I crave sugar because it makes me feel better on some level.
Chin: I choose to know it is part of my body trying to take care of me.
Collarbone: But I know it is doing it in a destructive way.
Under the arm: As I heal the issue under the addiction, the addiction will go away.
Top of the head: By working on the addiction I am working on the underlying issues.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I'm a sugar addict.

If the statement is still true to some level, return to Step 2.
Cravings and Urges

- I crave sweets at night.
- I have an enormous appetite.
- I'm a closet eater.
- I have an urge to eat whenever I SMELL food.
- I have a craving whenever I SEE food.
- I eat when I'm bored.
- I eat when I'm angry.
- I eat when I'm anxious.
- I eat when I'm lonely.
Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I crave sweets at night.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I crave sweets at night I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I crave sweets at night.
Side of the eye: No matter how much I have eaten during the day.
Under the eye: Sometimes it is the only thing I can think about.
Under the nose: It is sweets, sweets, sweets all the time.
Chin: I know I don't need the sweets.
Collarbone: And they are bad for me.
Under the arm: But I can't seem to help myself.
Top of the head: I feel horrible after I eat them because I know I don't want them or need them.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know it doesn't always have to be this way.
Side of the eye: My body is craving these sweets because they are keeping me safe from my own thoughts and emotions.
Under the eye: I thank my body for trying to take care of me, but it doesn't have to work so hard.
Under the nose: I can let go of these cravings and I can use other ways to deal with the emotions that cause the cravings.
Chin: I don't need to fill myself with sweets. I can fill myself with other things.
Collarbone: I choose to know this is not always going to be the case.
Under the arm: I can eliminate the need for sweets
Top of the head: I choose to know I can take control and heal past this.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I crave sweets at night.

If the statement is still true to some level, return to Step 2.
I have an enormous appetite.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I have an enormous appetite.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I have an enormous appetite I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I have an enormous appetite.
Side of the eye: I can't help it.
Under the eye: I want and need lots of food.
Under the nose: This is how I have always been.
Chin: Because Since this enormous appetite is part of who I am, I don't feel like I can change.
Collarbone: It is something I am always going to be a prisoner to.
Under the arm: It is part of who I am.
Top of the head: Since I can't change my appetite I won't ever be able to lose weight.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know appetite isn't a permanent condition.
Side of the eye: Appetite is something that can be changed.
Under the eye: Appetite isn't just about the food my body needs.
Under the nose: My body feels it needs food for lots of reasons.
Chin: I choose to know that I can make physical and emotional changes that will make changes to my appetite.
Collarbone: When this happens I won't feel like I am trapped by food or my huge appetite for food.
Under the arm: As I tune into my appetite I can see the real reasons it is so strong.
Top of the head: I choose to know as I think of my appetite and tap I am clearing the emotions under that huge appetite.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I have an enormous appetite.

If the statement is still true to some level, return to Step 2.
I'm a closet eater.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I'm a closet eater.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I'm a closet eater I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I hide when I eat food.
Side of the eye: I know I eat too much or eat the wrong things.
Under the eye: I don't want other people to know the type of eating I do.
Under the nose: Others would look down on me and see me as a failure if they knew how much I eat.
Chin: I am ashamed by the way I eat.
Collarbone: That is why I feel I need to hide it.
Under the arm: When I hide my eating I feel even worse because I can feel the embarrassment of my choices.
Top of the head: I wish I wasn't controlled by food in this way.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know it doesn't always have to be this way.
Side of the eye: I can make changes to my eating habits.
Under the eye: I know there are loved ones in my life who would support me in my struggle.
Under the nose: The reason I hide my eating is because I don't want people to know why I am eating.
Chin: This sort of eating is meant to keep me safe, but I don't want other to know what I am trying to be safe from.
Collarbone: It is possible for me to get my eating under control.
Under the arm: By taking care of my emotional health (like this).
Top of the head: I am going to make better eating choices and won't have to hide.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I'm a closet eater.

If the statement is still true to some level, return to Step 2.
I have an urge to eat whenever I SMELL food.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I have an urge to eat whenever I SMELL food.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I have an urge to eat whenever I SMELL food, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I have an urge to eat whenever I smell food.
Side of the eye: The moment I can smell food I must have it.
Under the eye: It is as if the food is calling me.
Under the nose: I can find food like a bloodhound.
Chin: When I smell it, it calls to me.
Collarbone: I have no control.
Under the arm: The smell of the food takes over my entire body.
Top of the head: I can't concentrate on anything else until I have the food I smell.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I can change this.
Side of the eye: The smell of food doesn't have to control me.
Under the eye: The reason I crave food when I smell it is because of the emotional roots behind the craving.
Under the nose: This craving is trying to help me feel better.
Chin: But there are other ways I can feel better.
Collarbone: I choose to know I can escape this compulsion to eat everything I smell.
Under the arm: The smell of food has less and less power over me.
Top of the head: I can gain control over this desire.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I have an urge to eat whenever I SMELL food.

If the statement is still true to some level, return to Step 2.
I have a craving whenever I SEE food.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I have a craving whenever I SEE food.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I have a craving whenever I SEE food I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I have a craving whenever I see food.
Side of the eye: It is something I can't control.
Under the eye: When I see it, there is a part of me that must have it.
Under the nose: Even if I am not hungry.
Chin: I am pulled to the food without control.
Collarbone: I know I don't need the food, but I am pulled to it anyway.
Under the arm: I feel bad when I eat food that I know I don't need.
Top of the head: But I can't control this desire.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know that I don't always have to be this way.
Side of the eye: I can get to a place where I am in control and the food is not in control.
Under the eye: My body craves all the food I see because it feels I need the food for reasons not related to true hunger.
Under the nose: My body wants this food out of fear and worry.
Chin: By eating everything I see, I am killing the fear and worry.
Collarbone: But there are other better ways of dealing with the fear.
Under the arm: As I deal with this fear and worry I am not going to need to eat everything I see.
Top of the head: I choose to know I can (and am) healing past this need to eat everything I see.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I have a craving whenever I SEE food.

If the statement is still true to some level, return to Step 2.
I eat when I'm bored.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I eat when I'm bored.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I eat when I'm bored I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I eat when I'm bored.
Side of the eye: When I have nothing to do I find myself with food in my hand.
Under the eye: I don't even know how it happens sometimes.
Under the nose: In some way I am trying to fill up the space.
Chin: By eating I have something to do.
Collarbone: I don't have to think about what I am feeling.
Under the arm: My body is using eating as a distraction.
Top of the head: So I don't have to face what is really bothering me.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know it is possible not to eat when I am bored.
Side of the eye: The eating when I am bored is my body's way of telling me that I need to address some emotional issues.
Under the eye: That might seem a little scary.
Under the nose: There is a part of me that would rather keep eating when I am bored than deal with why I am eating when I am bored.
Chin: I choose to know it is possible to deal with the emotions under the eating.
Collarbone: It is possible to deal with the emptiness I am trying to fill with food.
Under the arm: I don't need food to fill this emptiness.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I eat when I'm bored.

If the statement is still true to some level, return to Step 2.
I eat when I'm angry.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I eat when I'm angry.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I eat when I'm angry I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I eat when I'm angry.
Side of the eye: It is one of the ways I calm down.
Under the eye: Food takes the edge off.
Under the nose: But I know I don't want to eat when I am angry.
Chin: When I eat when I am angry I make very poor eating choices.
Collarbone: I eat the wrong stuff and I eat too much of it.
Under the arm: I know I don't need the food.
Top of the head: But there is a part of me that really likes it because in the short term it makes me feel better.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know there are many other ways to deal with eating when I am angry.
Side of the eye: I choose to know I don't have to be captive to eating when I am angry.
Under the eye: I choose to know I can tap the next time I am angry because it will take the edge off.
Under the nose: I give myself permission to be easy with myself when I eat when I am angry.
Chin: This is just my body's way of trying to take care of me.
Collarbone: My body doesn't want to feel angry so it is eating the food.
Under the arm: I know I can deal with this in other ways.
Top of the head: I can deal with the anger in other, healthier ways.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I eat when I'm angry.

If the statement is still true to some level, return to Step 2.
I eat when I'm anxious.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I eat when I'm anxious.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I eat when I'm anxious, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I eat when I'm anxious.
Side of the eye: It is my body's way of dealing with the feeling.
Under the eye: When I eat I take the edge off.
Under the nose: In the short term this feels good.
Chin: But I know in the long term this isn't healthy.
Collarbone: When I eat to take the edge off, I feel bad afterwards.
Under the arm: I feel weak.
Top of the head: I feel like my emotions are in control of me and not the other way around.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I give myself permission to be easy with myself because of this eating to take the edge off.
Side of the eye: I know it is my body trying to do what is best for me.
Under the eye: Because I recognize this is happening I can do something about it.
Under the nose: The next time I am anxious I can tap on that instead of eating.
Chin: If I tap in the craving I feel, with “I am anxious”, I will also take care of the anxiousness.
Collarbone: I know I won't always eat like this, now that I recognize what is going on.
Under the arm: I am taking control of this issue right now.
Top of the head: I don't have to eat when I am anxious.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I eat when I'm anxious.

If the statement is still true to some level, return to Step 2.
I eat when I'm lonely.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I eat when I'm lonely.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I eat when I'm lonely, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I eat when I'm lonely.
Side of the eye: My body is trying to fill up the space inside me.
Under the eye: The closest, easiest thing to reach for is food.
Under the nose: In the moment it makes me feel better.
Chin: But I know in the long term this is not good for me.
Collarbone: Even though I feel a little better in the short term by eating when I am lonely
Under the arm: I feel much worse right afterwards.
Top of the head: It can become a downward spiral quickly.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I give myself permission to be easy with myself when I eat when I am lonely.
Side of the eye: I know on some level it is just my body trying to take care of me.
Under the eye: The next time I feel a craving for food I am going to tap on it.
Under the nose: The next time I feel a craving for food I am going to tap on it.
Chin: By tapping on the craving I will also be tapping on the feeling that is under it.
Collarbone: I will be healing the feeling of loneliness.
Under the arm: I choose to know I don't have to a prisoner to these feelings.
Top of the head: I choose to know I can control the way I eat, even if it doesn't feel like it right now.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I eat when I'm lonely.

If the statement is still true to some level, return to Step 2.
Why we eat

- I overeat to hurt myself.
- I eat to avoid my feelings.
- I use food to soothe myself.
- I overeat to hide myself.
I overeat to hurt myself.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I overeat to hurt myself.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I overeat to hurt myself, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I overeat to hurt myself.
Side of the eye: I know it is bad for me.
Under the eye: I know the more I overeat, the worse I feel.
Under the nose: Part of me really wants to feel bad.
Chin: Part of me wants to look bad.
Collarbone: Part of me doesn't believe I deserve any better.
Under the arm: That is why I do this to myself.
Top of the head: I feel worthless.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: In some strange way this is to help me.
Side of the eye: There is a part of me that is afraid that if I feel good about myself, I am going to get hurt.
Under the eye: This is nothing more than a way for my body to take care of me.
Under the nose: It just happens to be doing it in a very twisted way.
Chin: I choose to know I deserve better than this.
Collarbone: I choose to know I don't deserve to punish myself.
Under the arm: I give myself permission to stop hurting myself in this way.
Top of the head: I choose to return food to being a healing and nurturing force in my life and no longer a form of punishment.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I overeat to hurt myself.

If the statement is still true to some level, return to Step 2.
I eat to avoid my feelings.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I eat to avoid my feelings.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I eat to avoid my feelings I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I eat to avoid my feelings.
Side of the eye: I use food as a distraction.
Under the eye: When I am feeling something that is unpleasant the first thing I do is reach for food.
Under the nose: Sometimes I don't even remember getting the food. I am just eating it.
Chin: When I realize I am using food to hide my emotions I feel even worse.
Collarbone: It can quickly become a downward spiral.
Under the arm: I wish I didn't eat to hide my feelings.
Top of the head: But I know it doesn't have to be this way.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I have other ways of dealing with my emotions.
Side of the eye: The next time I am looking for food to hide my emotions I am going to tap instead.
Under the eye: I know the only reason I do this is because my body is trying to take care of me.
Under the nose: My body doesn't want me to feel bad, so it craves food to make me feel better.
Chin: I know my body wants the best for me even though it is having me make this choice.
Collarbone: I choose to let my body know I have other options to deal with my emotions.
Under the arm: In ways that are much healthier in the short and long term.
Top of the head: I don't have to use food to avoid my feelings.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I eat to avoid my feelings.

If the statement is still true to some level, return to Step 2.
I use food to soothe myself.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I use food to soothe myself.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I use food to soothe myself I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I use food to soothe myself.
Side of the eye: When I am anxious or stressed I reach for food.
Under the eye: Sometime I don't even remember reaching for the food.
Under the nose: It is just in my hand and my mouth.
Chin: In the short term I feel better when I do this.
Collarbone: But in the long term I know it is bad for me.
Under the arm: Because of this I get very frustrated with myself when I do this.
Top of the head: I wish I didn't use food to soothe myself.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: The reason my body craves food is because it know it will make me feel better in the short term.
Side of the eye: My body is only doing this because it thinks it is being helpful.
Under the eye: I am thankful my body is trying to take care of me.
Under the nose: But I know there are better ways of doing this.
Chin: I choose to let my body know I appreciate what it is trying to do for me, but that I need to make another, different choice.
Collarbone: The next time I reach for food to soothe myself, I will choose to tap instead.
Under the arm: I give myself permission to be ease with myself if I don't change this right away.
Top of the head: This is a change I can make over time.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I use food to soothe myself.

If the statement is still true to some level, return to Step 2.
I overeat to hide myself.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I overeat to hide myself.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I overeat to hide myself, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I overeat to hide myself.
Side of the eye: The weight I gain from overeating is my protection.
Under the eye: If I am covered in weight from overeating then people can't see the real me.
Under the nose: It is an easy way for me to hide.
Chin: This is part of my body protecting me from the possible hurt of people knowing who I really am.
Collarbone: The overeating and weight is a response to fear.
Under the arm: It is a way that my body is trying to take care of me.
Top of the head: I can take care of myself in other ways.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I don't have to hide behind my fat and my over eating.
Side of the eye: I let the fat in my body know I am not mad at it.
Under the eye: The fat and overeating are just doing their job.
Under the nose: They are protecting me.
Chin: I give myself permission to heal the part of me that is being protected by the overeating.
Collarbone: I choose to know that the overeating is not the problem, but a symptom of a deeper issue.
Under the arm: I give myself permission to be easy with myself as I deal with the fact I am hiding behind my fat and overeating.
Top of the head: I know I can heal the underlying roots which will free me from the overeating.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I overeat to hide myself.

If the statement is still true to some level, return to Step 2.
Response to Eating and Weight

- I hate myself for overeating.
- I feel guilty when I overeat.
- I feel guilty about being overweight.
- I feel guilty about loosing weight.
- I'm anxious when I sit down to eat.
- I associate food with fighting.
- I associate food with my mother's love.
- I feel unsafe without food.
I hate myself for overeating.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I hate myself for overeating.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I hate myself for overeating I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I hate myself for overeating.
Side of the eye: I do it all the time.
Under the eye: I know it is bad for me.
Under the nose: It hurts me in the short and long term.
Chin: I feel like I have no control at all.
Collarbone: When I overeat it is like an out of body experience.
Under the arm: The cravings take over.
Top of the head: I feel so weak for not being in control.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I should be stronger than this.
Side of the eye: I know it is bad for me, but I persist.
Under the eye: I choose to know there is a reason my body is having me overeat.
Under the nose: My body believes it is doing what is best for me, even though I know it is not.
Chin: My overeating is driven by my emotions.
Collarbone: When I am able to heal my emotions I am able to stop the over eating.
Under the arm: I forgive myself for my past over eating.
Top of the head: It is possible for me to stop overeating even if part of me does not think it is possible.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I hate myself for overeating.

If the statement is still true to some level, return to Step 2.
I feel guilty when I overeat.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I feel guilty when I overeat.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I feel guilty when I overeat I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I feel guilty when I overeat.
Side of the eye: I should know better.
Under the eye: But I just can’t help myself.
Under the nose: I know it hurts me when I overeat.
Chin: Then I feel bad about over eating and often this makes me overeat even more.
Collarbone: It is a vicious cycle.
Under the arm: I feel guilty because I don’t have control.
Top of the head: I feel guilty because I should be better than this.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I feel guilty because I know the over eating is hurting my body in the long term.
Side of the eye: I forgive myself for overeating, even though part of me doesn’t want to forgive myself.
Under the eye: I choose to be easy with myself knowing that my body is overeating because it thinks it is helping me in some way.
Under the nose: It is possible for me to stop this cycle.
Chin: I don’t need to overeat and I will be able to stop it.
Collarbone: I know I need to change and will change, but beating myself up now doesn’t create that change.
Under the arm: I can make this change (even if I don't know how to right now) I give myself permission to be easy with myself.
Top of the head: I give myself permission to stop punishing myself for overeating.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I feel guilty when I overeat.

If the statement is still true to some level, return to Step 2.
I feel guilty about being overweight.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I feel guilty about being overweight.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I feel guilty about being overweight, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I feel guilty about being overweight.
Side of the eye: I wish I wasn't overweight.
Under the eye: I have made poor choices that have made me overweight.
Under the nose: It is all my fault.
Chin: I wish I wasn't overweight.
Collarbone: People treat me differently because of my weight.
Under the arm: I created this situation.
Top of the head: I have become overweight.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know that I don't always have to be overweight.
Side of the eye: It is more important that I am not choosing to do something about my weight, than worry about how I got here.
Under the eye: I am taking responsibility for my weight, not by blaming myself, but instead choosing to doing something about it.
Under the nose: It might take time and work, but I deserve to do that work.
Chin: I give myself permission to change the guilty feeling about my situation into motivation to make positive changes.
Collarbone: I forgive myself for beating myself up over my weight.
Under the arm: I give myself permission to move past the guilt.
Top of the head: I choose to know I can take control of my weight.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I feel guilty about being overweight.

If the statement is still true to some level, return to Step 2.
I feel guilty about losing weight.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I feel guilty about losing weight.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I feel guilty about losing weight I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I feel guilty about losing weight.
Side of the eye: I know I should lose weight.
Under the eye: I know I want to lose weight.
Under the nose: But there is a part of me that doesn't want to lose weight.
Chin: If I lose weight I am going to make others feel bad.
Collarbone: If I lose weight others are going to notice me.
Under the arm: If I lose weight I have to admit I had problems in the past.
Top of the head: If I lose weight there are people in my life who are going to think that I think I am better than them.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: If I lose weight I am going to look like a show off.
Side of the eye: I just want to fit in and not make others think of me badly.
Under the eye: I just want to fit in and not make anyone feel bad about themselves.
Under the nose: I choose to know I deserve to lose weight.
Chin: My body needs to lose weight.
Collarbone: I deserve to be healthy.
Under the arm: There is no reason to feel guilty about having a healthy body.
Top of the head: I give myself permission to lose weight in a healthy way.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I feel guilty about losing weight.

If the statement is still true to some level, return to Step 2.
I'm anxious when I sit down to eat.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I'm anxious when I sit down to eat.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I'm anxious when I sit down to eat, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I'm anxious when I sit down to eat.
Side of the eye: I know that eating is a struggle for me.
Under the eye: Just the thought of dealing with food makes me feel anxious.
Under the nose: I know I have such a hard time being in control.
Chin: I want to make good choices.
Collarbone: But don't think I can, because I have made so many poor choices in the past.
Under the arm: I am worried I am going to make poor choices again.
Top of the head: It scares me to be around food because I don't want to lose control again.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know it is possible for me to eat in a healthy way.
Side of the eye: I choose to know it is possible for me to be in control when I eat.
Under the eye: I give myself permission to know that I don't have to fear being around food.
Under the nose: I need food and food is good for me.
Chin: I know it is possible able to approach food knowing that I can eat only what I need.
Collarbone: I can be in control and at ease around food even thought I have not been at easy and in control in the past.
Under the arm: I forgive myself for being anxious in the past.
Top of the head: The anxiousness was trying to protect me, but there is nothing that I need to be protected from.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I'm anxious when I sit down to eat.

If the statement is still true to some level, return to Step 2.
I associate food with fighting.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I associate food with fighting.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I associate food with fighting, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I associate food with fighting.
Side of the eye: I have trouble around food because of this.
Under the eye: I get worried and anxious around food because I think people are going to start fighting.
Under the nose: This is because of my past. There has been lots of fighting around meals.
Chin: I am worried every time I sit down to eat there is going to be more fighting.
Collarbone: Because of this I feel anxious and don't eat well.
Under the arm: I wish I didn't feel this way around food.
Top of the head: Food should not equal fighting.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know that the fighting in the past just happened to happen at mealtime.
Side of the eye: Mealtime was when we had to be together, because families eat together.
Under the eye: The fighting had to do with the family dynamic.
Under the nose: The fighting had to do with the people sitting around the table.
Chin: The fighting had nothing to do with the food or the dinner table (even if the fighting was about the food).
Collarbone: I choose to know that I can sit down to a meal and know fighting is not going to happen because we are sitting down together.
Under the arm: Lots of fighting might have happened in the past, but it had nothing to with the food.
Top of the head: I can sit and eat food in peace, knowing there is not going to be fighting.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I associate food with fighting.

If the statement is still true to some level, return to Step 2.
I associate food with my mother's love.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I associate food with my mother's love.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I associate food with my mother's love I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I associate food with my mother's love.
Side of the eye: Every time my mother (and other family members) wanted to show love it was done with food.
Under the eye: Food is a very mature way to show affections.
Under the nose: We are sharing something we spent time preparing.
Chin: We are sharing something that gives life and nourishment.
Collarbone: For this reason it is very easy for us to equate food with love.
Under the arm: Because there are many times when people showed us love.
Top of the head: They gave us food.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: Now when I crave love, I reach for food.
Side of the eye: By eating food, I feel loved.
Under the eye: The problem is, I do this too much and it causes me to overeat.
Under the nose: I choose to know I deserve love and can get love in many other ways.
Chin: I don't need to eat to feel loved.
Collarbone: Food is necessary and nourishing.
Under the arm: It can be given to me as an expression of love.
Top of the head: But food is not love.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I associate food with my mother's love.

If the statement is still true to some level, return to Step 2.
I feel unsafe without food.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I feel unsafe without food.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I feel unsafe without food, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I feel unsafe without food.
Side of the eye: When I don't have food around, I feel unsafe.
Under the eye: When I have access to food, I feel I must eat it or hoard it.
Under the nose: Part of me is worried there is not going to be enough.
Chin: Part of me is worried that this might be my last chance to get food.
Collarbone: Therefore I cling to food.
Under the arm: Making sure I get my fill.
Top of the head: I am worried about not having food.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know there is more than enough food.
Side of the eye: I am going to have future access to food.
Under the eye: I know there is more food in my future.
Under the nose: I live in a time and place where I can get more food easily when I want or need it.
Chin: Therefore I don't need to desperately cling to it and hoard it.
Collarbone: When I realize this I will eat less.
Under the arm: Because I am no longer eating out of fear of lack.
Top of the head: But eating out of what is healthy for me.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I feel unsafe without food.

If the statement is still true to some level, return to Step 2.
Losing Weight and Exercise

- I am afraid that if I lose weight I will gain it back again.
- I am going to fail, just like last time.
- I am not strong enough to lose weight.
- I am overwhelmed by how much weight I want to lose.
- I am overwhelmed by exercise because I am so out of shape.
- I don’t believe I can reach my goal.
- I don’t trust myself to keep the weight off.
- No one will notice if I lose the weight.
- They’ll expect more of me if I conquer my weight problem.
- I don’t deserve to be happy/successful/thin.
I am afraid that if I lose weight I will gain it back again.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I am afraid that if I lose weight, I will gain it back again.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I am afraid that if I lose weight I will gain it back again, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am afraid that if I lose weight I will gain it back.
Side of the eye: I have seen other people gain weight back.
Under the eye: I have gained weight back.
Under the nose: I don't want to spend all of this time and energy.
Chin: Trying to lose weight.
Collarbone: Only to gain it back again.
Under the arm: That is a total waste of time.
Top of the head: Therefore it is really hard for me to take weight loss seriously.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know this time can be different.
Side of the eye: I am approaching not only the weight I need to lose.
Under the eye: But why I need to lose that weight.
Under the nose: This will ensure that I am going to be successful this time.
Chin: I deserve to lose weight and I deserve the effort it takes.
Collarbone: Because I know this time will be different.
Under the arm: It is possible for me to lose weight and not have it come back.
Top of the head: I can lose weight without fear of gaining it back.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I am afraid that if I lose weight I will gain it back again.

If the statement is still true to some level, return to Step 2.
I am going to fail, just like last time.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I am going to fail, just like last time.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I am going to fail, just like last time I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am going to fail, just like last time.
Side of the eye: I have tried this before.
Under the eye: It didn't work last time.
Under the nose: It is not going to work this time.
Chin: I know I am going to fail again.
Collarbone: I am not strong enough to do this.
Under the arm: Losing weight is too hard for me.
Top of the head: No matter how hard I try.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know this time is different.
Side of the eye: I am not trying to do this on will power alone.
Under the eye: This time I am dealing with the emotional issues of my weight.
Under the nose: Because of this I am not just trying to change my body.
Chin: I am doing work on my whole system.
Collarbone: This is going to allow me to be successful.
Under the arm: I might have failed in the past.
Top of the head: But this time is different.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I am going to fail, just like last time.

If the statement is still true to some level, return to Step 2.
Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I am not strong enough to lose weight.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I am not strong enough to lose weight I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am not strong enough to lose weight.
Side of the eye: Losing weight is hard.
Under the eye: That is the reason so many people fail.
Under the nose: It is something you have to work at everyday.
Chin: I don't have the will power.
Collarbone: Or the strength to lose the weight I want.
Under the arm: Because it is much too hard.
Top of the head: I am not strong enough to do this.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: The reason weight loss is so hard for some people is because they try and do it on will power alone.
Side of the eye: If my will power was strong enough I wouldn't be in this situation to begin with.
Under the eye: But this time I am not doing it only on will power.
Under the nose: By dealing with the underlying issues, I am making it much easier.
Chin: I am changing the way I see myself and the way I see food.
Collarbone: Because I am doing this, I am not working on will power alone.
Under the arm: I am strong enough to make the changes I need.
Top of the head: Which makes weight loss possible.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I am not strong enough to lose weight.

If the statement is still true to some level, return to Step 2.
I am overwhelmed by how much weight I want to lose.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I am overwhelmed by how much weight I want to lose.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I am overwhelmed by how much weight I want to lose, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am overwhelmed by how much weight I want to lose.
Side of the eye: It seems impossible.
Under the eye: It would be doable if there was less to lose.
Under the nose: But there is just so much.
Chin: It doesn't seem possible.
Collarbone: I am not strong enough to lose this much.
Under the arm: I don't have the time
Top of the head: or energy to lose this much.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know it doesn't matter how much weight I have to lose.
Side of the eye: What is more important is that I start.
Under the eye: As I lose weight, it will be easier to lose weight.
Under the nose: It might even take a long time.
Chin: But that is OK.
Collarbone: My goal is to lose weight in a healthy way, at the rate my body needs to lose it.
Under the arm: I don't need to lose all the weight right now, or even this week.
Top of the head: I just need to lose a little a time, which is doable and not so overwhelming.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I am overwhelmed by how much weight I want to lose.

If the statement is still true to some level, return to Step 2.
I am overwhelmed by exercise because I am so out of shape.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I am overwhelmed by exercise because I am so out of shape.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I am overwhelmed by exercise because I am so out of shape, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I am overwhelmed by exercise because I am so out of shape.
Side of the eye: It is just too hard to start.
Under the eye: Right now I can't do anything.
Under the nose: The thought of exercise makes me tired.
Chin: It would be different if I were younger.
Collarbone: But it is too much.
Under the arm: I am starting from scratch.
Top of the head: I will never get into shape, so there is no reason to even try.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know that getting in shape through exercise is a process.
Side of the eye: It is not something that happens overnight.
Under the eye: I don't have to run a marathon tomorrow.
Under the nose: Or ever.
Chin: My goal is to work my way into shape.
Collarbone: Any exercise I do today is more than I did yesterday.
Under the arm: With each workout it will make the next workout easier.
Top of the head: I give myself permission to work my way into this a little at a time, and by doing this it will not be so overwhelming.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I am overwhelmed by exercise because I am so out of shape.

If the statement is still true to some level, return to Step 2.
I don't believe I can reach my goal.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I don't believe I can reach my goal.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I don't believe I can reach my goal, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I don't believe I can reach my goal.
Side of the eye: It would be nice to reach my goal.
Under the eye: It is fun to believe I can reach my goal.
Under the nose: But my goal is just too much.
Chin: If I could get there I would be so happy.
Collarbone: But it is not possible.
Under the arm: Because it is not possible there is no reason to try.
Top of the head: Because it is going to be futile.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I don't need to reach my goal right now.
Side of the eye: This is going to be a process.
Under the eye: I give myself permission to do this a little at a time.
Under the nose: As I reach each of my smaller goals it is going to be easier to reach my big goal.
Chin: By taking it a little at a time I am going to get there.
Collarbone: By looking at it in this way.
Under the arm: It becomes doable.
Top of the head: And not so overwhelming.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I don't believe I can reach my goal.

If the statement is still true to some level, return to Step 2.
I don't trust myself to keep the weight off.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I don't trust myself to keep the weight off.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I don't trust myself to keep the weight off, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I don't trust myself to keep the weight off.
Side of the eye: I have been down the road before.
Under the eye: It is going to come back.
Under the nose: I might have the willpower to lose the weight.
Chin: But once I do it is going to come creeping back.
Collarbone: It is going to creep back slowly.
Under the arm: I am going to wake up one day and the weight is going to be back.
Top of the head: This will be devastating because of all the work that will be wasted.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know that if I am able to get rid of the weight then I can keep it off.
Side of the eye: Losing it is harder than keeping it off.
Under the eye: Once it is off, it will stay off.
Under the nose: Because I am not just changing my habits, but also my beliefs.
Chin: By changing the emotions that underlie the weight, it will not only be easy to keep the weight off; it won't come back.
Collarbone: I am not just getting rid of weight but I am improving my emotional health.
Under the arm: And creating good habits.
Top of the head: All of this will contribute to me easily keeping the weight off.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I don't trust myself to keep the weight off.

If the statement is still true to some level, return to Step 2.
No one will notice if I lose the weight.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): No one will notice if I lose the weight.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though no one will notice if I lose the weight, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: No one will notice if I lose the weight.
Side of the eye: It is going to be a long process.
Under the eye: I know it is going to take time.
Under the nose: I know I can do this.
Chin: I am just worried that the other people in my life aren't going to notice the change.
Collarbone: This is important work.
Under the arm: It is going to impact me and my loved ones.
Top of the head: I am afraid they will not see what I am doing.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know the most important reason for me to do this, is for me.
Side of the eye: That is my priority.
Under the eye: I choose to know that there are people in my life who are going to notice.
Under the nose: Because of the magnitude of the change.
Chin: I would be great if everyone noticed the work I am doing.
Collarbone: But I am doing this for me first. And that is OK.
Under the arm: If someone else doesn't notice it, it is because their eyes are not open.
Top of the head: They are choosing not to see the great strides I have made and it is their choice, and not mine.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): No one will notice if I lose the weight.

If the statement is still true to some level, return to Step 2.
They’ll expect more of me if I conquer my weight problem.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): They’ll expect more of me if I conquer my weight problem.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though they’ll expect more of me if I conquer my weight problem, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: They’ll expect more of me if I conquer my weight problem.
Side of the eye: There are people in my life who don’t think I can do this.
Under the eye: Once I do it they are going to know that I am able to do difficult tasks.
Under the nose: Because of this they are going to ask for more.
Chin: They are going to expect me to live up to this type of task again and again.
Collarbone: I don’t want to let others down.
Under the arm: I don’t want others to expect more of me.
Top of the head: I am worried that I’m going to have to live up to more.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: The most important reason I am losing this weight is for me.
Side of the eye: People are going to be impressed by me doing this.
Under the eye: But they are not going to expect more of me.
Under the nose: Even if they do, it doesn't matter.
Chin: My expectations of me are what is most important.
Collarbone: It is not the expectations of others.
Under the arm: My weight loss is too important for it to be stopped by the expectations of others.
Top of the head: I give myself permission to know I can do this for me regardless of what other people expect or believe.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): They’ll expect more of me if I conquer my weight problem.

If the statement is still true to some level, return to Step 2.
I don't deserve to be happy/successful/thin.

Step 1
Truth Statement (Read aloud and rate how true 0 to 10): I don't deserve to be happy/successful/thin.

Step 2
Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I don't deserve to be happy, successful, or thin, I love and accept myself.

Step 3
Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Eyebrow: I don't deserve to be happy, successful, or thin.
Side of the eye: Other people deserve happiness or success.
Under the eye: But it is not for me.
Under the nose: I have done too many things wrong.
Chin: And I already have more than I deserve.
Collarbone: Other people are entitled or progress.
Under the arm: But not me.
Top of the head: If I was successful I would be taking more than my share, and I am too messed up for success and happiness anyway.

Read the following phrases aloud while tapping on the prescribed spot with your non-dominant hand.

Eyebrow: I choose to know I deserve success.
Side of the eye: Even though it is really hard for me to say that out loud.
Under the eye: Part of me not only thinks that is untrue, it recoils in fear.
Under the nose: The part of me that doesn't want me to be happy is trying to protect me.
Chin: It is trying to protect me from getting my hopes up, and then having them dashed to pieces.
Collarbone: There is a part of me that believes any good in my life is unearned and undeserved.
Under the arm: I give myself permission to know I am worthy of success and happiness.
Top of the head: I give myself permission to know I deserve success and happiness.

Step 4
Truth Statement (Read aloud and re-rate how true 0 to 10): I don't deserve to be happy/successful/thin.

If the statement is still true to some level, return to Step 2.