

# Using EFT (Emotional Freedom Technique) For Weight Loss

## **WELCOME!**

My philosophy is that people eat for emotional and spiritual reasons. Food and weight are just the symptoms. My hope is to teach people how to identify the underlying core emotional issues that cause them to turn to food for comfort. Next, I want to teach them how to use emotional freedom technique (EFT) to treat these core issues so they can move past some of the self-sabotaging behaviors that keep them stuck.

Another of my basic philosophies is that people find it hard to shift to a healing state of mind when they do not love and accept themselves exactly as they are. They often try to “fix” themselves by the many diet and exercise options. They approach weight loss as a problem that needs to be tackled and conquered by self-will. I believe that until one can find peace with his/her current situation, the weight loss goal eludes them and remains forever out of reach. Let’s get started!

## **LEARN THE BASICS OF HOW TO TAP WITH EFT**

One of the major tools that I use to help people process their emotions and clear out negative, disrupted energy is called emotional freedom technique (EFT). The basis of EFT is that all negative emotions are created by a disruption in the body’s energy system.

For example, let’s say as a small child you came across a snake, and the snake tried to bite you. It really terrified you but didn’t hurt you. As time went on, you forgot about it altogether. However, you noticed as an adult that snakes really scare you, to the point of being hysterical, and you have no idea why.

The reason is that when you were originally frightened by the snake, your energy was disrupted and has remained disrupted, unbeknownst to you. So every time you see a snake, your energy gets “out of whack” and you feel fear. It’s like the event is happening all over again.

If you apply EFT to this issue, you will be able to see a snake and no longer respond in a fearful manner.

Here is a summary of how EFT works (I’ll explain in more detail below):

- ❖ Identify your feelings around a particular fear or resentment and relate the intensity of the emotion on a scale from 0 to 10, 10 being the highest
- ❖ Try to relate these feelings to specific past events if you can

- ❖ Create a set up statement that begins with “Even though” (i.e., Even though I’m afraid of snakes and especially the time that one bit me, I deeply and completely love and accept myself)
- ❖ Either rub your sore spot or tap on the karate chop point while you repeat the above statement or a variation of it 3 times
- ❖ State a reminder phrase (fear of snakes) while you tap 8 basic energy meridians with your fingertips of your dominant hand
- ❖ Assess your emotional intensity on the 0 to 10 scale.
- ❖ Continue rounds of tapping until you get the intensity down to 0 or 1.

Remember that tapping is a very forgiving and gentle technique. Don’t worry about doing it perfectly. Tap long enough on each point to be able to state the reminder phrase. Focus on your emotion and not on the mechanics of the tapping. If you are overly concerned that you are doing it “right,” you won’t be as tuned into the issue, and you’ll possibly lose some of the benefits. Speak from your heart and what is on your mind. Don’t worry about saying the setup statement exactly the same each time or even if you do it three times. It is very forgiving!

Gary Craig created EFT in the early 90s. I recommend that you go to the following website for more information and to read many of the great articles on how people apply it ([www.eftuniverse.com](http://www.eftuniverse.com)). You can order an EFT manual if you need to know *why* this works and to read the various legal disclaimers. You will learn about the setup phrase, tapping points, how and why EFT works, etc. in great detail. I’ve taken a lot of the standard verbiage in this section from Gary Craig's EFT Manual. If you don’t want to delve into his detailed report, you can simply follow the basic instructions below. *Note that most EFT practitioners don’t follow the long EFT tapping sequence also called the Basic Recipe found in Gary’s report (not even Gary). Instead, they follow a short cut or some variation of a shortcut which I describe below.*

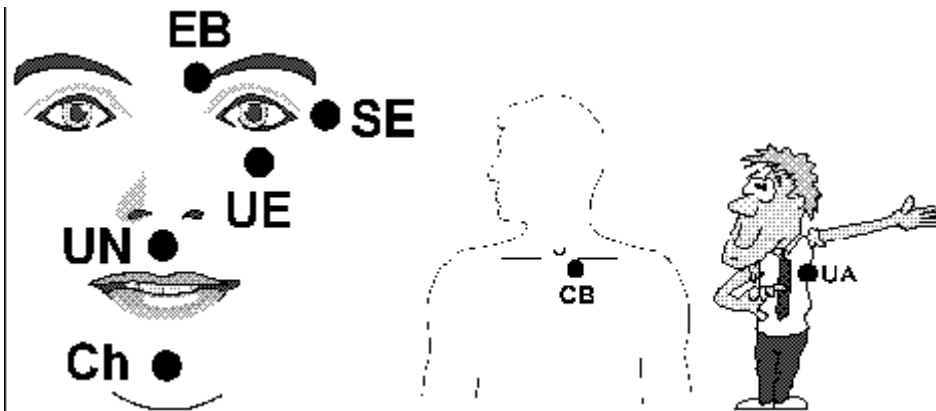
- 1) **Decide on a specific issue.** What is bothering you in your life? Just pick an area that causes you the most pain. Then list specific events that you believe caused the issue (negligent and/or abusive parents, bad experience in school, sibling rivalry and comparisons, etc.), . There are many ways to approach healing yourself. You have to start somewhere. You could also approach it with the question, “If there was something in my life that I’d just rather hadn’t happened to me, what would it be?”
- 2) **Create Setup Statements** that begin with even though and end with I deeply and completely accept myself. For example, “Even though I feel insatiable around food, I deeply and completely accept myself.” We say this statement because we want to accept ourselves even with our uncomfortable emotions. They are a part of us, and often the more we resist this part of us, the more it digs into and wants to remain a part of us.

- 3) **Assess your Emotional Intensity.** How much does this issue upset you on a scale from 0 to 10, 10 being the highest? We do this assessment so that you can gauge your intensity moving down. The goal is to get down to a 0 or 1, in which the situation no longer triggers you.
- 4) **The Setup.** Sometimes our energy “batteries” are put in backwards. The tapping will not be effective if this is the case. So we do the Setup so that your energy flows properly. Repeat the setup statement you already created and that is appropriate to the issue you are working on three times. For example, you might say, “Even though I feel insatiable around food, I deeply and completely accept myself.” While saying this, you will do either option a or b:
  - a) **Rub the sore spot.** To find this, go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U-shaped notch at the top of your sternum (breastbone). From the top of that notch go down 3 inches toward your navel and over 3 inches to your left (or right). The left side is preferred because 75% of lymphatic congestion is found here, and you can also rub both sides at the same time if you like. You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2 inch radius) you will find a "Sore Spot." The spot is sore when you rub it vigorously because lymphatic congestion occurs there. When you rub it, you are dispersing that congestion. Fortunately, after a few episodes the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.
  - b) **Tap on the Karate Chop point.** This is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop. It is the side of the hand opposite the thumb. Instead of rubbing it as you would the Sore Spot, you vigorously *tap* the Karate Chop point with the fingertips of the dominant hand. As an alternative, you can tap both hands together at these karate chop points.
- 5) **The Sequence.** Tap on the end points of the major energy meridians in the body, while repeating a reminder phrase such as “I feel insatiable.” This is the method by which the "zzzzzt" or energy disruptions in the energy system are balanced out. Before locating these points for you, however, you need a few tips on how to carry out the tapping process. Tap solidly but never so hard as to hurt or bruise yourself.

Tap long enough on each point to be able to say the reminder phrase. Most of the tapping points exist on either side of the body. It doesn't matter which side you use nor does it matter if you switch sides during the tapping. I recommend that you tap on both sides of the body in the order presented below, but it's up to you. And pay attention to those points that feel good and resonate with you.

Sometimes you may find it necessary to only tap in one spot if you get results there. There are eight points that I recommend (see pictures below):

- a) EB—Beginning of Eyebrow. This point is just above and to one side of the nose.
- b) SE—Side of Eye. This point is on the bone bordering the outside corner of the eye.
- c) UE—Under the Eye. This point is on the bone under the eye, about 1 inch below the pupil.
- d) UN—Under the Nose. This point is on the small area between the bottom of your nose and the top part of your upper lip.
- e) CH—Chin. This point is midway between the point of your chin and the bottom of your lower lip (the dimple of your chin).
- f) CB—Collarbone (beginning of collarbone). This point is the junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch.
- g) UA—Under Arm. This point is on the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.
- h) Top of Head (not shown in Gary's report or below but used a lot). This point is located at the top part of the head towards the back.



- 6) ***Test Yourself*** after the tapping to see if you are less intense on the issue on a scale of 0 to 10. The goal is to get to zero when you tune into the issue.
- 7) ***Do Repeated Rounds of Tapping.*** You'll need to modify the setup statement to say, "Even though I feel this ***remaining*** insatiability around food, I deeply and completely accept myself." The reminder phrase would be "this ***remaining*** insatiability." Basically, you are adding the words remaining.

## WHY WE OVER/UNDER EAT OR TRY TO CONTROL OUR FOOD

We often eat for emotional reasons such as feeling deprived or insatiable or lonely or anxious or bored. Basically, we aren't comfortable sitting with our feelings. This is understandable because sometimes they are pretty ugly. Food soothes our raw feelings. We doubt that we can cope without our food crutch. It helps us to feel secure in a sometimes scary world.

Food helps us to feel safe, and our need to survive will always win out against our vanity need to look attractive. So until one deals with the issue of safety, weight and food will remain an issue. That is why weight loss can be so confusing. We consciously want to lose weight, but our more powerful subconscious wants to remain safe.

Subconscious drivers to keep me overweight

- ❖ Weight loss is not safe because my identity may change (who will I be if I lose weight?)
- ❖ It's not safe because others may see me differently (will they be mad at me and resent my success? Will I lose my friends?)
- ❖ It's not safe because it helps me to cope (how will I get through daily anxiety and worries without my food crutch?)

Possible behaviors surrounding my relationship with food/body image

- ❖ Maintaining strict control over what is eaten due to fear of gaining weight or getting fat
- ❖ Distorted body image
- ❖ Binging on excessive amounts of food when not hungry
- ❖ Eating for emotional reasons
- ❖ Binging and purging (bulimia)
- ❖ Anorexia (food restriction)
- ❖ Feelings of deprivation, loss, anger, abandonment and/or panic when denied certain food or large portions
- ❖ Hiding food intake
- ❖ Shame/guilt about eating certain foods
- ❖ Shame/guilt about throwing away food

The below EFT phrases often start with negative emotions, but they often switch to positive, choice statements. By doing choice statements, it's like we are accepting ourselves with two different feelings. It's as if our conscious and subconscious minds are debating and integrating.

People very often struggle with their weight and food issues because they have internal objections in their mind (often unbeknownst to them) that keep them from achieving their desires. They have beliefs that keep them stuck. It is important to be able to identify

these beliefs so that we can move past them. If we aren't aware of them, we cannot change them.

How did these beliefs originate? What specific events formed these beliefs? We can think of sayings that our parents drilled into us, such as "Money doesn't grow on trees," or "Clean your plate so that you'll grow up to be a strong boy!" What we are doing here is identifying the writing on our walls, those experiences that formed who we currently are. Some of this writing serves us, and some of it is outdated and no longer serves us.

Then we tap on those specific events.

NOTE: After some of the "even though" phrases below, you will see ... This is an indicator to say "I deeply and completely love and accept myself."

## **CRAVINGS**

Food allergies can be a real block to losing weight, and often we don't even know we're allergic to various foods. If you crave something, you can almost be assured that you are allergic to it, and your body is not absorbing it properly. You can treat allergies with EFT just like you treat emotions. The result is that you no longer crave the food, and thus you make an easy choice to not eat it anymore or you significantly reduce your portions—not through willpower though.

Preferably, have the food that you can't seem to resist (chocolate, chips, M&Ms, etc.) in front of you. Smell it. Imagine eating it. Test yourself to see how much you want it (on scale of 0 to 10 with 10 being the highest). Then we'll do some tapping to relieve the cravings.

*1<sup>st</sup> Round of Tapping:*

*Even though I have this strong craving for \_\_\_\_\_ ...*

*Even though I know I'll feel deprived if I get over this problem...*

*Even though I really want to eat this food right now...*

*TAP: This terrible craving. This strong craving. I feel deprived. I need to eat this food right now. This terrible craving.*

*2<sup>nd</sup> Round:*

*Even though I still feel deprived and hungry for something...*

*Even though I feel deeply deprived and insatiable, I can accept my feelings anyway.*

*Even though I still feel deeply deprived and want to fill it with food...*

*Even though I still feel hungry and empty and deprived...*

*TAP: This remaining deprivation. My deprivation makes me crave food. I still crave my food. I still feel this craving. Remaining cravings. Remaining deprivation. Remaining insatiability. I've always felt deprived. I'm scared of my deprivation. I feel deprived. Enough was never enough and still isn't. Enough IS never enough. Maybe I can allow myself to relax a bit. Maybe there is enough. Maybe I can fill myself by loving and*

*accepting myself. I now choose to feel whole and strong no matter what. Food is just food. I now choose to feel safe without the food.*

## **URGES**

*Even though I have these strong urges to eat, I choose to be peacefully indifferent to food. Even though I love food and it tastes good, I know it's not what I need, and it will not fill my emptiness...*

*Even though food is comforting and it soothes me, I choose to slow down and focus on what I need...*

*TAP: This urge to eat. I have to have it. I'm trying to fight it. It's hard to let go. It's what I've always turned to. I need my comfort food. I need calming. I want what I want. I don't know if I can make it without food. I know it's soothing but it's not what I need. Food is just food. I choose to accept where I am. It will be OK. I love having a choice. I can choose food when I want it. Food is no big deal. It will be OK. All is well.*

If you only used EFT to help manage and reduce cravings and urges to eat, it would be invaluable. However, the cravings will keep recurring if you don't address the underlying emotional reasons for wanting to eat. People also experience sheer frustration when it comes to losing weight and food issues. They have ingrained underlying beliefs about their body, their ability to lose weight, fear of never getting over the food/weight problem, and on and on. The situation can feel really hopeless. The following tapping sequences address these emotional scenarios and help to collapse the limiting beliefs that block weight loss success.

## **CAN'T LOSE WEIGHT**

*Even though I can't lose weight...*

*Even though I don't believe diets work...*

*Even though I'm convinced I'll regain the weight if I lose it...*

*Even though no one in my family has ever kept the weight off (OPTIONAL)...*

*Even though I'm convinced I can't lose weight...*

*TAP: I can't lose weight. It doesn't work for me. I gain it right back anyway. It's not working. I'm so frustrated. I choose to stay calm. I appreciate all the blessings in my life. I choose to stay calm and peaceful no matter what. I love letting weight come off easily. I am open to releasing this weight. I stay calm and resolute no matter what.*

## **HANGING ON TO EXTRA WEIGHT**

*Even though I'm holding on to extra weight, I choose to release it now...*

*Even though I'm carrying extra weight, I choose to release this weight and anything else I need to let go of...*

*Even though I've been holding on a long time, I now choose to let it go...*

*TAP: I'm hanging on to weight like it protects me. For whatever reason, I'm hanging on. That was then. This is now. It's time to let go. It's OK to let it go. It's not serving me now. It's OK to let it go. I allow myself to let go of extra weight. I prefer to release*

*this weight. I will be able to handle whatever comes. I have all I need. I'm ready to let it go. It's my own choice. It's safe to let it go.*

## **FEAR OF NEVER GETTING OVER PROBLEM**

*Even though others can reach their goal weight and I can't...*

*Even though I'm afraid I'll never get over this problem, I'm working on accepting myself more and more...*

*Even though I'm afraid I'll always have this problem, I choose to support myself anyway and meet my own needs...*

*TAP: What if I never get over it? What if I never get better? What if I have to struggle my whole life? So scary. I'm afraid it will never get better. I've tried so hard it seems like it will never get better and that scares me. I love and appreciate exactly who I am. I choose to breathe deeply and stay calm. I choose to focus on how I feel. I accept myself more and more. I am open to being successful. I can handle whatever comes. I appreciate all of the blessings in my life. I appreciate the gift I'm receiving. I appreciate my body now.*

## **RESISTANCE TO CHANGE**

*Even though part of me doesn't want to change...*

*Even though I don't believe I can change...*

*Even though part of me is afraid to change, I choose to act on my own behalf...*

*Even though part of me wants to stay the way I am...*

*TAP: Part of me doesn't want to change. It's too hard, too much work. It wouldn't last anyway. You can't make me. Part of me wants to change and part of me doesn't. Part of me wants to rebel and it keep me stuck. I choose to let it be easy. It's OK to allow change. I can handle it. It's a relief to finally get unstuck. I have decided not to rebel. I love feeling that relief. I love making that decision. I love letting it be easy.*

## **STRUGGLED SO MUCH**

*Even though I've struggled so much and haven't been successful in the past...*

*Even though I'm overweight because of my metabolism...(OPTIONAL)*

*Even though I've worked so hard on this, I forgive myself and accept who I am...*

*TAP: I've worked so hard. It's been such a struggle. I honor myself for how hard it's been. I'm so tired of this. I've been at this so long. It's exhausting me. I'm ready to let go of the struggle. I prefer my life to be peaceful. I choose peace and serenity. I choose to let it be fun and easy. It's time to let my mind rest. And stop trying to figure it all out. I'm ready to let it be easier, relaxed and calm.*

## **OUT OF CONTROL**

*Even though I feel out of control, I choose to know it will get better...*

*Even though I feel like I'm not strong enough, I choose to feel peacefully in control around food...*

*Even though I feel like I'm struggling with control, I choose to surrender...*

*TAP: I feel so out of control. What is wrong with me? I keep doing the same things over and over again. I say I'm not going to do it and then I blow it. It feels like I'll never get over this problem. I've struggled with this for so long. The more I try to control it, the less control I have. It feels like a vicious cycle. I'm ready to get out of the cycle. Maybe I don't need to control everything. It's OK to let go. I choose to feel relaxed. Maybe I can let it be easier. I choose joy. Maybe there is an easier way. I'm open to finding it. I now choose to surrender.*

## **DISCOURAGEMENT/FAILURE**

*Even though I feel so discouraged and don't believe I can reach my goal...*

*Even though no one in my family is thin... (OPTIONAL)*

*Even though I have failed so many times and don't trust myself to keep the weight off...*

*Even though I have gained and lost weight so many times, I choose to know it can be different...*

*TAP: It's so discouraging. I feel so frustrated. Sometimes it feels hopeless. I'm even afraid to hope. Why bother? I feel so defeated. I don't want to go through this again. Sometimes it just feels pointless. I failed so many times. It's time to make peace with my failures. I choose to make peace with my failures. I honor myself for how hard it's been and for not knowing what to do. I am open to forgiveness. I choose peace. I choose serenity, relaxed and calm. I now choose to believe.*

## **RESULTS**

*Even though I feel frustrated and impatient, I have decided to remain calm...*

*Even though it's demoralizing because I never stick with it, I choose to stay calm & resolute for as long as it takes...*

*Even though I'm not losing weight as quickly as I want, I choose to feel peacefully indifferent to however long it takes...*

*TAP: I want my results now. I hate that it takes this long. I hate having to wait. It's so hard to wait. It seems like it takes forever. It's so discouraging. I feel so frustrated. I don't want to wait this long. I choose to accept the process. I choose to stay calm even though I have to wait. It won't help me to get discouraged. Maybe I could start to accept this as a new beginning. I know it's not easy but I've done it before. I choose to be patient and stay on my plan. I will succeed. I choose to find a creative way to make it easier.*

## **INADEQUATE (GENERAL)**

*Even though I feel inadequate to the core and always have, I deeply and completely accept myself and my feelings of inadequacy...*

*Even though I'm mad at myself for not following through, I forgive myself for how I feel...*

*Even though no one will notice if I lose the weight (OPT)...*

*Even though I'm afraid I will still be unhappy if I lose the weight...*

*TAP: I feel deeply inadequate and always have. What if I'm still unhappy when I'm thin? I feel so inadequate. I now choose to see myself as worthy of happiness. We all deserve happiness, even me.*

### **INADEQUATE (OTHERS' CRITICISM—GENERAL)**

*Even though I feel defective and inadequate because I can't do it right and everyone else is doing it right, I deeply and completely accept myself and all my limitations.*

*Even though I feel inadequate and defective on every level...*

*Even though they made me feel inadequate with their words, looks and tone...*

*TAP: I feel inadequate and defective because I can't do it right. I'm never enough. I feel inadequate. Something's wrong with me and everyone else is OK. I feel inadequate and defective and ashamed of myself. I now choose to forgive myself for believing others' opinions about me. What they think of me is not my business. My peace is an inside job. I now choose peace and serenity. I forgive myself for feeling inadequate. I forgive them for their criticism.*

### **INADEQUATE (OTHERS' CRITICISM OF MY BODY)**

*Even though I feel angry at them for their comments, criticisms and disapproval of my body...*

*Even though I resent them for picking at my body, criticizing how I looked and not accepting me for who I was at any weight or shape...*

*Even though I'm mad at them for what they said about my body...*

*TAP: I'm mad at them for their comments and criticism. I'm mad at myself for holding onto this for so long. I resent their criticism and disapprovals. I now choose to release them. They didn't know what they were doing. They were doing the best they could given their resources and the writing on their walls. I now choose to let go of this anger at myself and others.*

### **PERFECTION**

*Even though I'm not perfect, I love and accept myself anyway...*

*I now choose to know I don't have to prove myself worthy. I'm evolving in every way and I accept myself with passion and grace.*

*TAP: I'm not perfect. I've made mistakes. I feel like I have to be perfect. It will be OK. I prefer peace. I choose to relax my expectations. It's time to make peace with where I'm at right now. I choose peace, joy and serenity.*

### **DESERVEDNESS**

*Even though I feel I don't deserve to be thin...*

*Even though I don't deserve to be happy, successful and thin...*

*Even though I don't deserve to reach my goal weight...*

*Even though I'm not sure I am worthy of losing weight...*

*TAP: I feel unworthy. I feel undeserving. Look what I've done to my body. We all deserve to have a good life, even me. We are all worthy, even me. I choose to allow myself to be deserving.*

## **TIRE**

*Even though I am tired and just want to eat...*

*Even though I'm exhausted and really want to eat to feel better...*

*Even though I'm bored and just want something to do, I choose to accept my feelings..*

*TAP: I'm so tired. I'm just exhausted. I just want to eat. I don't like feeling this way. I need some energy. I want to feel better. I'm just so tired. I need rest. I choose to be with my feelings. It will get better. It always does. I know it will be get better and I accept how I feel.*

## **STRESS, ANXIETY**

*Even though I feel so stressed and anxious, I love the guidance I'm receiving...*

*Even though I feel so overwhelmed, I choose to find a new surprising strength in myself...*

*Even though I can't stop feeling anxious, I choose to find new & creative ways to handle it...*

*TAP: I feel so stressed. I feel overwhelmed with so much to do. I feel so anxious.*

*Sometimes I don't know how I feel. Feeling overwhelmed—it's all too much. There's so much to do. I don't like this feeling. I love letting it be easy. Maybe it doesn't have to be so hard. Maybe I'm making it hard. Maybe I could ease up a bit. I could imagine myself letting it be easy. I appreciate all the blessings in my life. I love letting it be fun and easy. Maybe there is an easier way.*

## **RESISTING EXERCISE**

*Even though I really don't like to exercise...*

*Even though I just don't have time, I choose to find a creative way to move my body..*

*Even though I don't like exercise, I choose to find a way to let it be fun and easy...*

*TAP: I don't feel like exercising. I'm too tired. I just can't make myself do it. It's not what I want to do. It's too hard. I just can't make myself do it. I have too many other things to do. It takes too much time. I love moving my body. I choose to find a new and creative way to work out. I choose to let it be fun and easy. I don't have to do it all. I don't have to push myself. It's nice just to move. I love letting it be easy.*

## **SCARCITY**

*Even though it feels like there's not enough...*

*Even though it feels like I'm not enough...*

*Even though it feels like there will never be enough, I choose to know the world is abundant...*

*TAP: There's not enough. It feels like there will never be enough. It feels like I'm not enough. I feel so deprived sometimes. It feels like everybody has more than me. It feels like everybody is more than me. I keep filling myself with food. What if there is enough? What if there is more than enough? I love feeling abundant. I have everything I need. I love focusing on my inner abundance. That's what matters. There is always enough. I can always get more.*

## **SAFETY**

*Even though it doesn't feel safe to lose weight...*

*Even though it's not safe for others when I lose weight (OPTIONAL)...*

*Even though I'm afraid to let myself feel safe because I might let my guard down...*

*Even though something about this doesn't feel safe, I choose to know that I am safe, secure and provided for in every way...*

*Even though I still fear I won't be able to reach & maintain my goal and still feel safe...*

*TAP: I'm afraid to feel safe. I don't feel safe. Something is making me anxious. It just doesn't feel safe. I feel so uncertain. I still have some doubts. I'm afraid to let my guard down. It's possible. It's not possible. I can't give up my security. Something bad could happen. Feeling vulnerable. Feeling unsafe. I don't like the uncertainty. I'm not sure what will happen. I want to feel safe. I want to feel secure. I wonder what is making me feel this way. I prefer to feel safe and thin. I prefer to feel at ease. I choose to feel relaxed and calm. I choose to know I am safe and can handle whatever comes. I can see it. I can feel it. I know it.*

## **LOSSES**

*Even though I feel indescribable losses and so empty inside...*

*Even though it feels like I'll never get over it...*

*Even though I feel so lonely sometimes...*

*TAP: I've had so many losses. Sometimes it feels like I'll never get over it. Sometimes it feels like I'll feel bad forever. I don't like feeling this way. It's so painful. I have decided to allow these feelings. It's OK to feel these feelings. It's time for healing now. I'm so grateful for what I do have. I love focusing on what I have now. I choose to focus on the present. I choose to make peace with the past. I prefer to love my life as it is. I am grateful for all the blessings in my life. I now choose to be grateful for all experiences in my life. I appreciate the support I'm receiving.*

## **LIVING MY LIFE WITH SUCCESS I'M CAPABLE OF**

*Even though I'm afraid of being rejected if I'm successful...*

*Even though I don't want to live my life with the success I'm capable of...*

*Even though they'll expect more of me if I conquer my weight problem...*

*Even though I know it's dangerous to be successful...*

*Even though I'm afraid to live my life with success and truly reach my potential...*

*TAP: I'm afraid of success. I'm afraid to lose weight and be responsible. I'm afraid I'll be lonely if I lose my friend, the extra weight. I feel loss already and I'm afraid to feel more. I don't feel safe losing the weight.*

## **TREAT SELF-IMAGE ISSUES**

Reality will always match your self-image. If you change your image, you'll change your external form. You can do anything you put your mind to, but where is your mind? What do you think about constantly? If you think that you look too fat or unacceptable, you can see how this isn't helping your cause. Your subconscious mind will do everything possible to fulfill your self-image. If you have a negative self-image, then we need to use EFT to clear the blocks to your positive self-image.

Can you see yourself at your ideal body size? Can you hear someone telling you how good you look? Can you physically feel how your body would feel at your goal? Can you feel it emotionally?

You need to see it, hear it, feel it, know it and sense it in order to achieve your desired body. What you see in your mind's eye is what you get. You magnetize what you vibrate or think about. Your thoughts are very powerful. This is called the law of attraction. It would also help to repeat affirmations to yourself or aloud several times per day, such as "My normal weight is XXX and that is what I weigh now." See it and believe it.

## **DIFFICULTY IMAGINING YOUR IDEAL GOAL WEIGHT OR BODY SIZE**

*Even though I can't picture myself with my ideal body or at my GW ...*

*Even though there are emotional blocks to seeing myself at my GW...*

*Even though something is in the way of seeing myself at my GW...*

*Even though I have blocks to reaching my GW in my mind and in my body...*

*TAP: I'm having trouble picturing myself at my GW. Something is blocking me from seeing myself at my GW. I can't picture myself. I can't seem to reach my vision. I'm not sure what it means to be at my GW. I have blocks in my mind to reaching my GW. I now choose to see my ideal body image. I now choose to hear the words of praise about how good I look. I now choose to feel the peace and contentedness of living in my ideal body.*

## **HATE MY BODY**

*Even though I have a negative body image and I reject my body, I'm allowed to and deserve to feel good about my body now.*

*Even though I'm afraid to see myself as thin, I now choose to appreciate my body.*

*Even though I can't stop picturing myself as fat...*

*Even though I still feel hurt by being teased in school for being overweight... (OPT)*

*TAP: I reject my body. I detest my folds of fat. I hate my stomach. This negative body image. I reject my body. My body is ugly. Maybe I can relax a little bit. Maybe I can*

*appreciate my body now. I now choose to be grateful for the strength in my body. I now choose to appreciate my body. I'm allowed to and deserve to feel good about my body now even if it's not perfect. I can accept my body.*

*Even though I know I inherited this body type/shape...*

*Even though I believe I was meant to look/be this way...*

*Even though I was told I'd be overweight as an adult... (OPTIONAL)*

*TAP: I inherited this body shape. I am meant to look this way. I have a naturally slow metabolism. I'm destined to be overweight. That's not true. Am I stuck in this body type? I can make choices. I now choose to see myself in a different way. Maybe things can be different. I now choose to believe I can be thin. My beliefs create my reality. I now choose to change my beliefs.*

*Even though I hate my body no matter what I weigh or how much I eat...*

*Even though I feel pressure to eat perfect amounts and have perfect body...*

*Even though I can't tolerate being a little overweight...*

*Even though I really hate my body and reject my body...*

*Even though I think my concerns aren't valid and think people criticize me for having them, I still hate my body anyway but I can accept myself and love myself even though I don't accept my body.*

*TAP: I hate my body and I don't accept my shape. I wish I were different. I reject my body. I hate my body and always have. I hate my proportions. Maybe I could ease up on myself and my expectations. Maybe I can begin to appreciate my body and focus on my strengths. I now choose to be grateful for my body. It will be okay.*

*Even though I'm ashamed of my body and what I look like...*

*Even though I'm ashamed of the conflict I have about my body and that I torture myself with eating, thoughts, fears, control...*

*Even though I'm ashamed of my self hatred and all the energy it wastes...*

*TAP: I have this conflict about my body. I feel ashamed of my body and trapped in my body. I feel trapped by my thoughts and my body. I feel trapped by what other people have said. I feel trapped by what I think. I feel trapped and conflicted in my body and in my mind.*

*Even though I feel angry about the trap I've been in...*

*Even though I feel angry for not being allowed to be me...*

*Even though I feel grief over the trap I've been in all these years...*

*Even though I feel angry about the waste of time...*

*TAP: I feel angry about the trap. I feel angry about the waste of time. I feel sad they couldn't accept me. I still feel angry for their disapproval and criticism. I didn't deserve it. I should have been accepted. I feel sad about the trap I've been in. I now choose to release this anger. It's not serving me. I now choose to forgive myself for the wasted energy and time. I now choose to love and accept myself. I am okay the way I am.*

It's important to be able to imagine the self-image you want by doing the following:

1. Choose a successful ending. Describe your vision.
2. Pretend/imagine that you can *see* yourself having accomplished your goal.
  - (a) See yourself from afar, as if in a mirror.
  - (b) See your world from inside you.
3. Imagine *hearing* two important people in your life acknowledging that you reached your goal, congratulating you, and responding to the news of your success.
4. Imagine/access how your body feels *physically* now that you reached your goal.
5. Imagine/access how you feel *emotionally* now that you weigh your goal weight.
6. What *aromas* do you associate with your success? "Smell" them now.
7. What *tastes* do you associate with reaching your goal? "Taste" them now.
8. Put the entire picture together 3x/day to build neurology, expectations & energy.

The above tapping phrases covered a lot of material on emotional themes. If you want to get even more specific in your tapping, you can add some of the phrasing below to the above sequences. The list below is intended to jog your memory of any potential issues that keep you stuck where you're at. It is broken down into three categories of limiting beliefs: Present, Past and Future. The list, although comprehensive, is not exhaustive. Feel free to tap on whatever feels right for you. EFT is very forgiving!

### Examples of limiting beliefs in the ***Present***:

#### **1. Identify food cravings that trigger compulsive overeating.**

- "Even though I am a sugar addict..."*
- "Even though I crave sweets after meals..."*
- "Even though I can't stay away from pretzels..."*
- "Even though I'm obsessed with potato chips..."*
- "Even though I can't stop eating even when I'm full..."*
- "Even though I have constant cravings..."*
- "Even though I eat when I'm bored/lonely/angry..."*

#### **2. Identify problem times of the day that trigger overeating.**

- "Even though I overeat every afternoon..."*
- "Even though I overeat when I am alone..."*
- "Even though I can't stop eating late at night..."*
- "Even though I binge in the afternoons..."*
- "Even though I have an enormous appetite..."*
- "Even though I stuff myself in the car..."*

#### **3. How do you feel when you see food?**

- "Even though I can't stop thinking about food after I see it..."*
- "Even though the sight of food makes me salivate..."*

#### **4. How do you feel when you smell food?**

- "Even though I absolutely must eat after I smell food..."*

*“Even though I salivate every time I smell food, even if I’m not hungry...”*

**5. How often do you *think/ obsess* about food?**

*“Even though I’m obsessed with food...”*

*“Even though I think about food all day long...”*

*“Even though thinking about food makes me feel happy...”*

**6. Imagine yourself at your goal weight, using all your senses.**

*“Even though I don’t feel comfortable weighing less...”*

*“Even though I’m afraid of peoples’ reactions...”*

*“Even though I don’t feel like myself when I’m thin...”*

*“Even though I’d rather have my protection cause I feel too exposed...”*

**7. Are you aware of how you feel in your body and mind when you overeat?**

*“Even though I dissociate when I eat...”*

*“Even though I’m totally disconnected from my feelings when I’m bingeing...”*

**8. How do you feel about yourself being overweight?**

*“Even though I’m ashamed of myself for being overweight...”*

*“Even though everyone looks at me because I’m fat...”*

*“Even though I’m embarrassed about my body...”*

**9. How would you feel if someone took away your favorite foods?**

*“Even though I feel angry when I am deprived...”*

*“Even though I feel panicky when I can’t eat what I want...”*

*“Even though I feel afraid when I don’t have enough food around...”*

**10. Picture your dinner plate with small portions...how do you feel?**

*“Even though I feel anxious with small portions...”*

*“Even though I don’t feel safe unless there’s a ton of food on my plate...”*

*“Even though I hate feeling empty...and I’m afraid to feel hungry...”*

Examples of limiting beliefs in the **Past**:

**1. What events from the past make you feel anxious/ guilty/ ashamed?**

*“Even though I feel guilty about what happened when I was 14...”*

*“Even though my mother’s words made me feel ashamed and worthless...”*

*“Even though I can’t forgive my third grade teacher...”*

*“Even though I still feel inadequate when I think of him...”*

*“Even though I still suffer from low self-esteem and blame it on my father...”*

**(Use treatment point on index finger and tap for forgiveness of self and other)**

**2. What traumas from the past are you numbing with overeating? (Split into aspects and treat)**

*“Even though the memory of the car accident makes me anxious...”*

*“Even though my parents’ divorce left me fearful and self-hating...”*

*“Even though the childhood abuse makes me feel worthless/ less than...”*

**3. When were you given food to comfort you as a child?**

*“Even though my mother let me eat more cookies whenever I cried...”*

*“Even though my grandmother always overfed me to keep me quiet...”*

**4. When did you first overeat/ What feelings were you trying to cover up?**

*“Even though I remember being comforted by food after we moved...”*

*“Even though I turned to food after my brother died...”*

**5. When did you first use/ abuse food as a mood-altering substance?**

*“Even though I used food as entertainment...”*

*“Even though I used food as security...”*

*“Even though I overate to distract myself from the pain of my mother’s death...”*

*“Even though I overate to avoid doing homework...”*

**6. What did your family say the last time you lost weight?**

*“Even though my mother criticized me when I lost the weight...”*

*“Even though my father wouldn’t stop talking about it when I lost weight...”*

**7. What did your friends say the last time you reached your goal weight?**

*“Even though I don’t want to be noticed by men, women, anyone...”*

**8. What losses in the past did you eat over?**

*“Even though I’ve been overeating since my boyfriend dumped me...”*

*“Even though I have used food to numb my grief since I was 10...”*

*“Even though I eat so I don’t have to feel depressed inside...”*

*“Even though I still eat because of the rejection I felt...”*

Examples of limiting beliefs in the ***Future***:

**1.** Picture yourself in the future at your goal weight...how do you feel? Now imagine various scenarios that may cause you to feel anxious and tap for the anxiety or discomfort. For example, you’re at a business meeting and not able to eat, or you’re at a family gathering and not overeating. Repeat the following statements and treat with EFT if they do **not** feel true:

*“I feel safe and secure at my goal weight.”*

*“I feel happy about my success.”*

*“I feel confident 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, thin body.”*

**2. What other future situations might trigger the urge to overeat?**

*“Even though I know I’ll eat when I approach my goal...”*

**3. What other upsides are there to staying overweight?**

*“Even though staying heavy reduces the pressure on me...”*

*“Even though I don’t have to restrict myself...”*

**4. What other downsides are there to reaching and maintaining your goal weight?**

*“Even though I need the distraction of overeating and hating myself...”*

*“Even though I’m afraid of disappointing myself if I regain the weight...”*

**5. Who will be angry at you if you are successful?**

*“Even though my friend will resent my success...”*

**6. Who will be jealous of your success?**

*“Even though my neighbor will be mean to me if I weigh less than...”*

**7. What would your siblings say?**

*“Even though my sister will resent my success if I reach my goal...”*

*“Even though my brother will still tease me if I lose weight...”*

*“Even though my family will (continue to) ignore me even if I lose weight...”*

**8. Who might feel betrayed if you lose weight?**

*“Even though my mother will think I’m disloyal if I lose weight...”*

*“Even though my friends will hate me if I get thin...”*

**9. 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 the extra pounds anymore...”*

*“Even though I resent having to maintain control...”*

**FOLLOW UP**

I have given you a lot of great information to get started. I hope you will take advantage of it. Even with this information, most people find it difficult to identify their own core issues and consistently work on them. They are too mired in their own “stuff,” and they are not objective when it comes to their own issues. That is why having a coach can be extremely beneficial. You can reach your desired results much more quickly because you are more focused and accountable.

EFT works where nothing else does. It’s not your typical diet and exercise regiment. It also can work very impressively and quickly once the core issues and specific events are identified.

\*Note: Some of these questions and the tapping phrase material were taken from Dr. Carol Look's EFT Presentation, Using EFT for Weight Loss & Addictions and from Carol Solomon's CD on Weight Loss.