



Overcoming Emotional Eating Tapping Script

Karate Chop: Even though I don't feel like I have control over what I eat, I love and accept myself. *(Repeat three times.)*

Eyebrow: All this stress around food . . .

Side of Eye: I want to eat better . . .

Under Eye: But I don't want to deprive myself.

Under Nose: I need this food.

Chin: I have to keep eating when I'm not hungry . . .

Collarbone: Because I need a break.

Under Arm: I need an escape.

Top of Head: I need this food.

Eyebrow: Food has been such a comfort.

Side of Eye: Food is always there for me.

Under Eye: I'm not willing to let go of these unhealthy habits.

Under Nose: These intense cravings . . .

Chin: This inner battle around what to eat . . .

Collarbone: I don't want to eat in a destructive way.

Under Arm: But I don't want to deprive myself, either.

Top of Head: Maybe there's another way.

Eyebrow: Maybe I can still enjoy food.

Side of Eye: Maybe I can feel calm before I reach for food.



Under Eye: Maybe there are other ways to reward myself.

Under Nose: Maybe this is easier than I thought.

Chin: I'm open to finding new ways to reward myself.

Collarbone: I'm open to new ways to find comfort.

Under Arm: I choose to feel calm and centered now.

Top of Head: I find healthy ways to nurture myself.

Eyebrow: I am in tune with my body.

Side of Eye: It's been under so much stress.

Under Eye: This overeating is only draining my body.

Under Nose: I find ways to recharge through loving thoughts.

Chin: I'm kind to my body.

Collarbone: I choose foods that nourish my body.

Under Arm: I find the pleasure in healthy foods.

Top of Head: They feel good to my body and soul.

Eyebrow: I am in tune with what my body needs.

Side of Eye: I hydrate my body with pure, cleansing water.

Under Eye: I take deep breaths before I begin to eat.

Under Nose: I am present and in control.

Chin: I enjoy my food.

Collarbone: I am in control.



Under Arm: I know when I am full.

Top of Head: I make eating even more pleasurable.

Eyebrow: By being present and calm when I eat . . .

Side of Eye: This is easier than I thought.

Under Eye: I can be easy on myself.

Under Nose: I begin to incorporate healthy habits every day.

Chin: This feels so good.

Collarbone: I find the pleasure in healthy choices.

Under Arm: I am in control.

Top of Head: I nurture my body today with positive thoughts and nourishing foods.