



Creating a New Relationship with Food Tapping Script

Karate Chop: Even though I feel this panic around what I should and shouldn't eat, I choose to relax and trust my intuition. *(Repeat three times.)*

Eyebrow: All this panic around food . . .

Side of Eye: I don't know what I should eat.

Under Eye: I'm confused and stressed around food.

Under Nose: Everyone seems to disagree over the "right" way.

Chin: Can someone just tell me exactly what to eat?

Collarbone: This panic around food . . .

Under Arm: This panic to find the perfect diet . . .

Top of Head: This stress around what I eat . . .

Eyebrow: Food has become the enemy.

Side of Eye: I don't know what I should eat.

Under Eye: This stress leads me to my comfort food . . .

Under Nose: And then I panic about not eating "perfectly."

Chin: This back and forth . . .

Collarbone: I either eat perfectly . . .

Under Arm: Or I'm a mess.

Top of Head: This food anxiety . . .

Eyebrow: I've given away my power . . .

Side of Eye: To decide what's right for me.



Under Eye: Maybe there is no answer . . .

Under Nose: Maybe there is no perfect diet . . .

Chin: I'm open to seeing this in a new way.

Collarbone: Food isn't the enemy.

Under Arm: I choose to bring peace to this relationship.

Top of Head: I trust my body and do my best.

Eyebrow: As I let go of this panic now . . .

Side of Eye: I feel calm and confident.

Under Eye: As I let go of this search for the "perfect" diet . . .

Under Nose: I can notice what my body needs.

Chin: I begin to trust my intuition to lead me . . .

Collarbone: To information that can support me.

Under Arm: I naturally move away from diet foods . . .

Top of Head: And become attracted to information and foods that help my body thrive.

Eyebrow: I allow myself to experiment . . .

Side of Eye: To discover what is right for me.

Under Eye: I notice how my body reacts to certain foods.

Under Nose: I'm patient and curious.

Chin: There is no place to arrive to . . .

Collarbone: I'm constantly learning what my body needs . . .



Under Arm: And my body's needs are always changing.

Top of Head: I create a loving relationship with my body and food.

Eyebrow: I find ways to make my food more pleasurable.

Side of Eye: I'm open to trying new things.

Under Eye: I find joy in foods that nourish me . . .

Under Nose: And find the balance with indulgent food.

Chin: I can eat whatever I want . . .

Collarbone: And I choose what's right for me.

Under Arm: I stay open, patient, and curious . . .

Top of Head: As I become attracted to foods that help me thrive.