



Family-Friendly, Mind-Body Detox

EFT Tapping Scripts & Emotion Diary

**14 days of Tapping Scripts to
Curb Your Cravings and
Help Heal the Issues
Behind Your Emotional Eating**

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This program uses EFT (Emotional Freedom Techniques) and other energy techniques. These techniques appear to have promising mental and physical health benefits, but they have yet to be fully researched by the Western academic, medical, and psychological communities. The extent of their effectiveness as well as the risks and benefits are not fully known. It is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using EFT indicating other issues that may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident. By learning and/or practicing energy techniques, on your own and/or with assistance from a practitioner at or through our office or through this program, you agree to hold harmless and release from all liability EXCEL with Karen Donaldson, LLC and any and all agents, owners, employees, or associates. By participating in this program and/or other programs offered by EXCEL Weight Loss Solutions and/or Karen Donaldson, you understand and agree that Karen Donaldson and/or her staff are not licensed Counselors.

For information about private nutrition counseling or EFT (Emotional Freedom Technique) private sessions, please contact Karen Donaldson at excelweightloss@gmail.com or visit her website at www.excelweightloss.com.



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Introduction

Welcome! And thanks for participating in my Mind-Body Detox program. The purpose of this program is two-fold. First, as a registered dietitian, I know the very important role that food plays in our health, both physically and emotionally. Many people are aware of the role of diet in diseases such as insulin resistance, diabetes, heart disease, Celiac disease, irritable bowel syndrome, obesity, and more. But other chronic conditions such as fatigue, inflammation, depression, adrenal fatigue, and anxiety can also be related to food. Sadly, some people feel so bad all the time that they don't even remember what it feels like to feel good (and then they eat to feel better, which we'll cover during some tapping). Throw in a bunch of processed foods, artificial sweeteners, and chemicals and it's a recipe for disaster. With that in mind, I hope to dispel some of the myths about nutrition, introduce you to healthy foods that are easy to fix, and give you options for others in your home/life that aren't quite as ready to embrace a "real food" eating lifestyle.

The second major goal of this program is to trigger you – yes, trigger you! – by asking you to pay attention to what happens when you are asked to give up some of the foods you love and to notice what happens when you really listen to your body while eating. There is no failing at this program because it is NOT a diet. I'm including recipes and menu plans to help you learn about healthy options, but I'm also including tapping scripts* to help you get through the emotional issues that might show up for you. I gently remind my clients that they should be grateful for their weight issues because the excess weight is just a symptom of what is *really* going on in their lives and what is ready to be healed.

Cravings and Emotional Eating



*If you're new to mind-body weight loss, we're going to be using a powerful tool called the Emotional Freedom Techniques (EFT). It involves tapping on designated acupressure points while stating your issue or emotion. If you're not familiar with EFT "tapping", you can read more about it in my book *Beat the Belly Fat Blues: Mind-Body Solutions for Permanent Weight Loss* available on amazon.com or email me at excelweightloss@gmail.com for a complimentary PDF copy. It explains our emotional connection to food and EFT tapping in much greater detail.

EFT is very powerful at curbing cravings and I will be asking you to do some tapping before each meal and snack. EFT is also extremely effective at healing the deeper issues behind our emotional eating. If you feel like you need more help in that area, please contact me about private sessions or classes that we offer. To make this program really work for you, please take the time to record your thoughts and emotions, especially at meal and snack times. Write them down so you can

remember to do some tapping on them at a later time.

The basics of EFT are amazingly simple. You identify your problem, rate the intensity, then tap through a sequence of pressure points while talking or thinking about your problem. The tapping points and the “Basic Recipe” for EFT are described on the following pages.

The “Basic Recipe”

1. Identify your problem and give it a number on the SUD scale. SUD stands for Subjective Units of Discomfort or Distress. A ranking of zero is no discomfort and a ranking of ten indicates the highest level of distress. If you were “dying” for a piece of chocolate, your SUD number for that craving would be a 10. If you’d “kill” for that chocolate, your SUD rating might be at 100!
2. Repeat a “Setup Statement” while tapping on the Karate Chop point. The Setup Statement is based on exposure therapy and cognitive therapy.
 - a. The “exposure” part of the Setup Statement involves remembering the problem. Sometimes clients ask me if it’s really necessary to talk about the “bad” stuff. I gently remind them that if they don’t, it’s like pretending the pile of dog poop in the middle of the living room floor doesn’t exist. You can cover it up with a towel, but it’s still there – a big, stinky mess that is likely to cause problems in the future!
 - b. The “cognitive” portion of the Setup statement allows you to accept the reality of what current “is” and to affirm that you are okay, even with all your “stuff”. A Setup Statement for a chocolate craving might sound something like this:

“Even though I *really* want some chocolate, and I feel deprived when I can’t have it, I love and accept myself anyway.”

3. Repeat a Reminder Phrase – or tell a story - while tapping on the acupressure points shown in the diagram (top of the head, inside corner of the eye, side of the eye, under the eye, under the nose, on the chin, on the collarbone, and under the arm. When I refer to “tapping through the points” in the Tapping Scripts section, I am instructing you to tap on all the acupressure points just described.
 - a. The Reminder Phrase is a brief phrase that keeps the problem in the forefront of your mind. It works to emotionally trigger you while you’re tapping on the pressure points. A Reminder Phrase for the above situation might be:

“this feeling of deprivation” or “this intense chocolate craving”
 - b. Tapping on the pressure points allows your brain to process your negative emotions in a more calm (vs. chaotic) state, decreasing their emotional intensity. Tap as directed in the side-bar shown in the tapping points picture.

4. Reassess your SUD level. If the craving or emotion is still very strong, you can repeat the steps until the intensity decreases.

If the intensity of your emotions does *not* decrease or your craving does *not* diminish, it does *not* mean your EFT session failed! Tapping very often starts to unpeel the layers, revealing some issues that are ready to be worked on. I encourage my clients to see this as a blessing and not a curse!

For the best results, do the daily tapping script before each meal and snack. Notice what emotions come up for you. Write them down so that you can remember them later when you have more time to address them.

EFT Tapping Points

Top of the Head (TH)

Inside Eyebrow (EB)

Side of Eye (SE)

Under Eye (UE)

Under Nose (UN)

Chin (CH)

Collarbone (CB)

Under Arm (UA)

Side of Hand/Karate Chop (KC) {not shown}

Tap firmly with the tips of your first 2 or 3 fingers. You can tap on either side of your body, using either hand. You can also switch sides and/or hands during the tapping process.

Tap on each point about 7-10 times. The exact number of times you tap at each point is not crucial.

Many people find a natural rhythm to tapping and switch to the next tapping point as they say each reminder phrase or as they pause before speaking a new thought (see text).



Tapping Scripts & Emotion Diary

Day 1 – Getting Started

Setup Statement (tapping on the Karate Chop point):

Even though I know what I'm supposed to do to lose weight, but I just can't seem to do it, I love and accept myself anyway.

Even though I'm nervous about starting this detox, I love and accept myself anyway.

Even though I know I'm afraid I won't be able to do it, I love and accept myself anyway.

Tapping through the points (top of the head; inside corner of eye; side of eye; under the eye; under the nose; on the chin; on the collarbone; under the arm):

I know what I'm supposed to do, but I just can't make it happen.

I'm so sick of this.

I wake up every day, resolved to do better.

But it doesn't do any good.

No matter what I do, I can't lose weight.

I do "good" for a few days and then I'm "bad" again.

I've tried so many diets and programs.

Maybe I just like being fat.

Maybe it's easier.

Maybe it's too much work to lose weight.

I just want peace with food.

I am SO tired of being at war with food.

It's like a battle every day.

And I'm really tired of this battle.

Maybe I just like food.

What's wrong with that?

I really do love food.

Is that such a big deal?

I don't want to be deprived.

You can't tell me what to eat.

Or what not to eat.

It's none of your business!

Now, we are going to switch to tapping on the positive . . .

(continue tapping through the points)

*But I AM ready for a change.
I AM open to a more peaceful relationship with food.
But I'm open to new ideas about my food and my weight.*

*Even though I'm still not sure what my issues are,
I'm open to discovering them.
I'm open to healing them.*

*Even though I still have lots of guilt and fear,
I'm okay.
Even though I'm afraid I'll feel deprived,
I'm okay.
Even though I'm afraid it's going to be hard,
I'm okay.*

Take another deep breath . . .

*I AM open to healing.
I AM open to releasing my guilt and shame.
I AM learning to love and accept myself.
I AM choosing to listen to my mind and my body.
And to honor my needs.
I AM open to receiving love and light.
I AM a radiant being in the process of experiencing peace with life and peace with food.
I AM so thankful for this journey.*

Day 2 – How Does the Food Make You FEEL?

Again, tap before each meal and snack and record your thoughts, emotions, and any physical discomforts. I'll be asking you to replace pasta with spaghetti squash, which might be a trigger for you if you love pasta! If you don't have a love affair with pasta, substitute some other food in the tapping script.

Setup Statement (tapping on the Karate Chop point):

Even though I don't want to give up the pasta, I love and accept myself anyway.

Even though I love pasta and I really don't want squash instead, I love and accept myself anyway.

Even though I REALLY want to eat my pasta, I love and accept myself anyway.

Tapping through the points:

I LOVE pasta.

I really want to eat this pasta.

It's one of my favorite foods.

I don't want to give it up.

I've loved pasta forever.

We had it all the time as kids.

It tastes so good.

And it's delicious with everything!

Don't take away my pasta.

I love the taste.

I love the texture.

I love the aroma.

I love the way it makes me feel.

Pasta is my comfort food.

I can always count on it to feel better.

Please don't take it away.

I don't want to feel deprived.

That's why I hate dieting.

I HATE feeling deprived.

I've had enough of that in my life!

Now, we are going to switch to tapping on the positive . . .

*Maybe I DO have an issue with pasta.
I had no idea I would be so emotional about giving it up.
I'm beginning to understand how this all works.
There's such a strong connection.*

*I am SO glad I'm figuring this out.
I would love to be able to refrain from a certain food.
And not feel so deprived.*

*I AM okay.
It's just food.
It's just pasta.
I'm choosing to feel okay without it.
And to heal the issues behind all of this.*

*I AM open to a more peaceful relationship with food.
I really want more peace in my life.
I am choosing to learn about my emotional eating issue.
And learning how to heal them.*

*I am so excited to be on this journey.
I'm excited to know how to feel better.
Without pasta!
What a wonderful journey I'm on!*

Day 3 – What Are You Deprived Of?

As we choose to nourish our bodies with healthier choices, sometimes feelings of deprivation come up. But ask yourself, what are you REALLY being deprived of? Does your body really need hydrogenated fats, artificial sweeteners, fake colors and dyes, and chemicals whose names you can't pronounce? Today we'll tap on what is REALLY going on that is making you feel deprived.

Setup Statement (tapping on the Karate Chop point):

Even though I feel deprived, I love and accept myself anyway.

Even though it's hard to see others eat what I can't, I love and accept myself anyway.

Even though I feel like I can't have any of the good stuff, I love and accept myself anyway.

Tapping through the points:

I feel so deprived.

Why do other people get _____ and _____.

And I don't?

Why do others get all the good stuff?

They can have whatever they want.

Why can't I?

I feel so deprived.

I want the good stuff.

I want my treats and chips and soda (or _____).

I love the junky stuff. (Watch out, here comes the humor!)

I REALLY love artificial flavors.

And fake colors.

And hydrogenated fats.

And high fructose corn syrup.

And processed foods.

And foods in a can or a box.

They work really well for me! (Are you smiling yet?)

Or maybe they don't!

Switching gears . . .

*I wonder what I'm REALLY craving.
What IS the good stuff?*

*Do I need love?
Attention?
Entertainment?
Support?
Rest?
Exercise?*

*I don't even feel hungry.
I just need "something".*

*I think I'll keep tapping to figure this out.
I DO love and accept myself.*

I wonder what I'm really feeling deprived of?

Day 4 – Are We Having Fun Yet?

Lots of people on a “diet” are “good” for a few days and then they fall off the wagon. I believe it’s because they haven’t addressed the emotions behind their eating. Keep tapping and hang in there with me!

Setup Statement (tapping on the Karate Chop point):

Even though I’m getting tired of this, and I’m afraid I’ll just quit, I love and accept myself anyway.

Even though I’m scared I won’t be “good”, I love and accept myself anyway.

Even though I’m afraid of being “bad” and failing again, I love and accept myself anyway.

Tapping through the points:

Here we go again.

I’m starting to get bored.

I’m really afraid I’m going to quit.

I hate this feeling.

I don’t want to be “bad”.

I have to be “good”.

In order to lose weight.

But I wonder what “good” really means.

Am I not a good person?

Am I “bad” because I sometimes eat?

Foods that I know I shouldn’t?

Is that how we define “bad”?

Well, at least I’m in good company.

Everyone I know is BAD! 😊

I’d better call and tell them!

Now, switching gears...

*I'm so ready to let these thoughts go.
I'm tired of my food choices defining me.
I AM a good person.*

*I really AM a good person.
Maybe even a great person.
I have such a good heart.
And I'm really nice.*

*I'm letting all this old crap go.
I AM good.
I define my worthiness and goodness.
I AM an amazing physical and spiritual being.*

I love and accept myself.

Day 5 – Unmet Needs and Forgiveness

As we proceed with this detox, many emotions may be showing up for you. You may be noticing that much of your eating has been for emotional reasons and not for physical hunger. Today's tapping is focused on forgiving ourselves for eating for our unmet needs.

Setup Statement (tapping on the Karate Chop point):

Even though I've been eating to fill my unmet needs, I love and accept myself anyway.

Even though I don't even know what most of my needs are, I love and accept myself anyway.

Even though I'm not used to listening to and honoring what I need, I love and accept myself anyway.

Tapping through the points:

*I've been eating to fill my needs.
Just to fill myself.
With something . . .*

*Sometimes I don't even know what I need.
I just need "something".
So I eat.*

*It's been so long since I've listened to what I need.
I'm not even sure how to do it.
What does that mean anyway?*

*Maybe I'm afraid to listen to what I need.
What if I don't get what I need?
What if it's not safe to ask for what I need?*

*And besides,
I really need to take care of others.
There's always something or someone.
That needs to be taken care of.*

Now, switching gears . . .

*But what if that person is ME?
What if I need some care?
Is that even okay?*

*I'm learning that it's okay to have needs,
And to honor and respect myself.
That I'm not a selfish person for having needs and honoring them.*

*It feels good to honor myself.
To really listen to what I need.
And to be okay with that.*

*It feels good to honor my true nature.
I am worthy of listening to myself.
And honoring my needs.*

I love and accept myself.

Day 6 – Honoring YOUR Path

You're almost half way there! Sometimes when we go on a "diet" we feel like we have to fix separate meals for ourselves, which can really be too much work☺. With a bit of tapping, it's easier than you think! Today's lesson is about honoring the path that others are on, while honoring your own.

Setup Statement (tapping on the Karate Chop point):

Even though it's hard to balance everything, I love and accept myself anyway.

Even though I feel like I have to cook two meals when I'm on a diet and I hate that, I love and accept myself anyway.

Even though I worry others in my family won't be happy, I love and accept myself anyway.

Tapping through the points:

I just can't be on a "diet".

It's too hard to make it work with my family/friends.

I don't need something else on my plate (no pun intended, but hey, whatever works!)

I don't want to fix special meals just for me.

And separate ones for them.

Besides, they want more carbs than I do.

And they don't really care what they are eating.

There's no way this can work with a family.

How will I do this?

I guess I'm just stuck eating whatever they do.

But I really don't want to.

I don't want to be fat anymore.

I don't want to eat crappy stuff anymore.

But I don't want my family to be mad.

How am I going to do this?

I need to keep them happy.

Now, switching gears . . .

*I AM choosing to honor my body with healthy foods.
I AM choosing real food.
And not processed ones full of chemicals.*

*I AM so excited to be nurturing my body.
With foods that serve me well.
With foods that are full of.
Amazing nutrition.
That heals my body and allows me to release extra fat.*

*I'm honoring my journey.
AND
I'm honoring the journey of my family.*

*It's okay for them to make different choices.
They are entitled to THEIR journeys.
Just as I am entitled to mine.*

*I respect their choices.
And I also respect mine.
I deserve to respect my choices.
And to have my choices respected.*

I love and accept myself.

Now record. . .

*"There's no need to wait for the
 bad things and bullshit to be over.
 Change now. Love now. Live
 now. Don't wait for people to
 give you permission to live, because
 they won't."*

— *Kris Carr*
Crazy, Sexy Diet

Day 7 – Taking the Time to Love Ourselves

Today's menu features a delicious soup made with beans and veggies. It does mean some chopping and prepping and sometimes we feel like we don't have time for that. Today we're going to tap on loving ourselves enough to make time for loving food preparation.

Setup Statement (tapping on the Karate Chop point):

Even though I want to eat healthy, I'm too busy, but I love and accept myself anyway.

Even though I hate chopping up veggies, I love and accept myself anyway.

Even though it's so much work to prepare meals, I love and accept myself anyway.

Tapping through the points:

I hate chopping veggies.

I don't have time for this.

I have so many other things to do.

I have to _____.

And _____.

It's just so overwhelming!

The whole thing is overwhelming!

I hate being fat.

I hate thinking about meal preparation.

I'm just too busy.

And too tired.

And too stressed.

I think I'll see what's going on in Facebook land.

Or maybe Pinterest.

Or maybe I'll watch some TV.

Yep, that sounds like a lot more fun.

And then I REALLY won't have time to prepare healthy foods.

Yep, that will work really well for me!

(Sometimes adding in some humor helps us to see what's going on!)

Now, switching gears . . .

*Maybe I DO have time.
To chop some veggies.
And make a healthy meal.*

*Maybe those other activities aren't serving me well.
Maybe I could get _____ to help.
We could do it together.*

*What if I made this soup with love?
What if I thanked the earth for the amazing ingredients?
As I washed and prepared them?*

*I AM thankful for what our earth provides.
I AM grateful for all the wonderful natural foods I have to choose from.
I DO appreciate the bounty the earth grows.*

*I love the new path I'm on.
Preparing meals with love feels amazing!
And I'm worth it!*

Day 8 – Open to New Possibilities

Today's menu features arugula, which is a veggie you may or may not have tried. How open are you to trying new foods? New ideas? New patterns? Today's tapping focuses on being open to new possibilities 😊.

Setup Statement (tapping on the Karate Chop point):

Even though I'm hesitant to try new things, I love and accept myself anyway.

Even though I'm uncomfortable believing in new ideas, I love and accept myself anyway.

Even though I don't trust that new ideas or thoughts will work, I love and accept myself anyway.

Tapping through the points:

I don't like new ideas.

I don't really like change.

I don't do well with change.

I'm quite comfortable where I'm at.

I know the routine.

And it's easy for me.

Change is hard.

Why should I try something different?

When it might not work anyway?

Besides, where I'm at must be safe.

I must like it here.

Because I'm "here" all the time.

Switching gears. . .

*But maybe I'm stuck.
I've been in this pattern for a long time.
I feel really stagnant.*

*I really don't want these old patterns anymore.
I am SO ready for change.
I AM open to new ideas.*

*Each new step I take.
Brings me closer to my goal.
Of choosing foods that nourish my body.
And allow me to release extra fat.*

*I am SO grateful to be on this new journey.
I'm ready to change.
I'm ready to release these old habits.
And embrace new ones.*

I love and accept myself.

Day 9 – Stir-fry Without Rice?!

As you eat today, really take time to notice the flavors, colors, and texture. Tonight's dinner is stir-fry, minus the rice. If you think about it, the rice really doesn't offer much in the flavor department. With some tapping, I got used to eating stir-fry with just the veggies and meat.

Setup Statement (tapping on the Karate Chop point):

Even though having stir-fry without the rice is weird, and I don't know if I will like it, I love and accept myself anyway.

Even though it's odd not eating what others are eating, and it makes me a bit uncomfortable, I love and accept myself anyway.

Even though I feel a bit empty not having the rice, I love and accept myself anyway.

Tapping through the points:

*Stir-fry without rice...
What is she thinking?
Doesn't she know what stir-fry means?
Of course you have the rice!*

*Aaargh! Here I go again.
This feels like another stupid diet.
I hate diets.
I've been on them forever.*

*I don't want to diet again.
I want to eat whatever I want.
Don't tell me what to do.
A little rice won't hurt.*

*I feel stupid not eating the rice.
Everyone else gets to.
Why can't I?
This is weird.*

*See, it's like another diet!
More rules.
More restrictions.
It makes me crazy!*

Now, switching to the positive...

*I'm really okay.
I think I can live without rice.
At least for a few weeks!*

*I've never noticed all the flavors before.
And the colors.
And the textures.*

*It's amazing what happens when you slow down.
And really notice what you are eating.
I think this is called mindful eating.
It feels kind of nice.*

*I love this new journey I'm on.
I think I'm going to enjoy the foods I eat.
On an entirely different level.*

*I AM happy to be nourishing my body with foods that serve me well.
I am SO grateful to be learning to eat mindfully.
I AM okay 😊.*

Day 10 – Shame and Embarrassment

Sometimes, as we start to feel successful, we lament over how we got overweight in the first place. Today's tapping focuses on letting go of the shame and embarrassment.

Setup Statement (tapping on the Karate Chop point):

Even though I'm embarrassed that I gained so much weight, I love and accept myself anyway.

Even though I'm ashamed of myself for letting it get this bad, I love and accept myself anyway.

Even though it's ridiculous how bad it's gotten, I love and accept myself anyway.

Tapping through the points:

*I can't believe I got so fat.
How did I gain all this weight?
I am SO embarrassed and ashamed.*

*I should have known better.
I should have been able to stop eating.
I am so embarrassed and ashamed.*

*I can't feel good about myself.
I should probably punish myself.
Perhaps make myself feel bad.*

*But wait . . .
That's what I always do.
With enough shame and embarrassment.
I'm sure I'll lose weight.*

*But the truth is,
That is not working.
I've been doing that for years,
And I'm still fat.*

Perhaps I need to let that go.

Now, shifting to the positive . . .

*I am releasing all this shame.
All this embarrassment.
I'm letting it go.*

*It is no longer serving me well.
I've held onto it for so long.
But it's not working for me.*

*I'm letting it go.
Releasing all these negative emotions.
And with all these negative emotions.
I'm letting the excess fat go as well.*

*I am SO happy to be free of this negativity.
I really am letting it go.
And in the process.
I get to let go of the fat.*

Thank you so much for this journey.

I love and accept myself.

Day 11 – Potatoes and Rules

Today's menu features potatoes, thought by many in the diet world to be evil . . . too many carbs, high glycemic index, etc. In reality, potatoes can be a very healthy part of our diets, as long as we respect the essence of them! That means don't deep fry them in hydrogenated fats or process them and stick them in a can. Recent research has identified over 60 kinds of phytochemicals in potatoes and they are a good source of fiber, vitamins B6 and C, copper, potassium, and manganese. Plus, I'm an Idaho girl and it seems almost sacrilegious to not eat them!

Setup Statement (tapping on the Karate Chop point):

Even though I shouldn't be eating potatoes, even though I love them, I love and accept myself anyway.

Even though I feel guilty eating potatoes, I love and accept myself anyway.

Even though I'm sure these potatoes are bad for me, I love and accept myself anyway.

Tapping through the points:

*I can't eat potatoes.
They're not on the list.
What is up with this diet anyway?*

*I really like potatoes.
I always have.
But I know they aren't good for me.*

*Too many carbs.
Too much starch.
I'll probably gain 5 pounds in one day if I eat this meal.*

*But I really like potatoes.
And I want them.
Aaargh! I already feel guilty!*

*I am SO tired of all these rules.
So tired of stupid diets.
How are we supposed to keep all these rules straight anyway?*

*This is ridiculous.
I'm afraid of eating a potato.
A plant grown in the earth . . .*

Switching gears...

*I am SO ready to let go of this mentality.
Stupid diets, stupid rules.
I'm really ready to be done with all of that.*

*I'm letting it go.
All the years of counting and stressing.
It's not working anyway.
So I'm letting it go.*

*I'm ready to eat REAL food.
Unprocessed, natural, real food.*

*I'm choosing to honor myself.
By nourishing myself with real food.
Vegetables and fruits.
Full of vitamins, minerals, fiber, antioxidants, and more!*

*I deserve real food.
I am worthy of real food.
Real food serves my body well.
I choose real foods.*

Day 12 – Mindful Eating

So often, we eat mindlessly, not really paying attention to what we are eating, how full we are, or even if the food tastes good. We can even be afraid to enjoy food, because we've been taught that food is bad and makes us fat. Today's tapping focuses on being consciously in the moment, and truly enjoying the food we are eating.

Setup Statement (tapping on the Karate Chop point):

Even though I've been eating mindlessly for years, I love and accept myself anyway.

Even though I'm obsessed with what I eat, but I never really enjoy it, I love and accept myself anyway.

Even though it's not a good idea for me to enjoy food, I love and accept myself anyway.

Tapping through the points:

I can't enjoy food.

That's way too scary.

I'll just end up wanting more.

I haven't really enjoyed food for years.

Most of the time I don't even remember what I ate.

Somehow the food just disappears.

I usually eat in the front of the TV.

Or in the car.

Or while I'm reading.

Or I secretly eat when nobody is around.

I don't want to admit I'm eating.

Not even to myself.

I feel so disconnected,

Yet so fat.

How does this happen?

I just keep eating.

Until I run out of food.

But there's always more.

Switching gears. . .

*I'm ready to give myself permission.
To really enjoy food.
The flavors, textures, and aromas.*

*I choose to chew my food slowly.
And savor each bite.
Thoughtfully.*

I choose to enjoy the foods I eat.

*And to really take my time at meals.
And to eat without distraction.*

*I AM worthy of the few moments it takes to eat.
I choose to eat mindfully, bite by bite.
I deserve this.*

*I release the fear and doubt.
I'm choosing to listen to my body.
And nourish it with foods that serve me well.
And to enjoy the experience.*

I love and accept myself.

Day 13 – Tapping Before Meals

You're almost there! Sometimes meal time can be a time of anxiety. We're not sure if we will eat too much or be able to control ourselves. Today's tapping focuses on being calm before meals.

Setup Statement (tapping on the Karate Chop point):

Even though I get anxious just thinking about eating, I love and accept myself anyway.

Even though I'm not sure I can stop eating once I start, I love and accept myself anyway.

Even though I'm nervous about admitting I want to enjoy food, I love and accept myself anyway.

Tapping through the points:

I'm really anxious about eating.

I feel very nervous.

I really like the food I'm about to eat.

What if I can't stop eating?

If I can't control myself at home.

How am I ever going to be able to go out to a restaurant?

I'd never be able to stop.

I'd rather eat in secret, in the safety of my home.

Where nobody can see me.

Nobody can judge me.

I hate all this anxiety around food.

Why does it have to be such an issue?

All these stupid emotions.

I hate being so obsessed.

What if I go overboard?

I'll probably overeat just to calm down this stress.

New...

*I AM so ready to take control.
To feel calm and relaxed.
I choose to release this anxiety.*

*I choose to feel calm and relaxed.
Whenever and wherever I eat.
I am choosing peace with food.*

*I'm releasing all tension.
Stress, anxiety, fear,
Guilt and doubt.*

These emotions are no longer serving me well!

*I'm choosing to feel calm and relaxed around food.
And to savor each bite.
And to recognize when I'm physically satisfied.
And to choose to stop.*

*If I have other issues going on,
I choose to nurture myself with ...
Love and respect for myself.*

*I love my new journey.
I love and accept myself.*

Day 14 – A Peaceful Relationship with Food

As we come to the end of our 14-day Mind-Body Detox, remember that perfection is not expected and that you have new tools to help you on your path to peace with your life . . . and thus peace with food.

Setup Statement (tapping on the Karate Chop point):

Even though I'm nervous about ending this detox, I love and accept myself anyway.

Even though I'm afraid I'll go back to my old habits, I love and accept myself anyway.

Even though I'm afraid I won't do it right, I love and accept myself anyway.

Tapping through the points:

I'm a bit nervous to end this detox.

It's really kept me on track.

I hope it lasts.

I'm a bit afraid I won't be able to keep this up.

What if I slip and eat too much?

What if I blow it next week?

I'm so used to trying to be perfect.

And to beating myself up if I'm not.

I hope I can manage without that!

Switch...

*I am SO grateful for my new tools.
This is SO much better than strict diets.
Or deprivation.
Or pills and potions.*

*I am SO glad I am learning to really listen to my body.
My mind, body, and spirit are so wise.
I'm ready to really honor myself.*

*I AM worthy of loving myself.
I AM worthy of accepting myself.
I have amazing tools.
And I'm glad to be on this wonderful journey.
Of experiencing peace with my life.
And peace with my food.*

I love and accept myself.

