

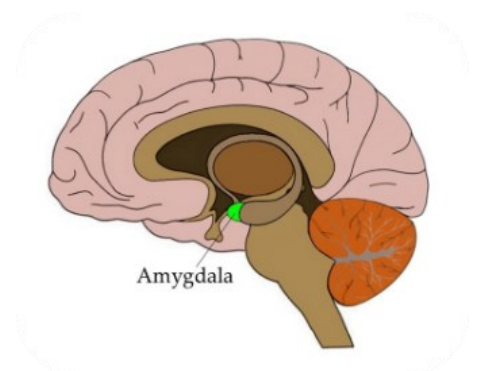
## How does EFT Tapping Work for Emotional Challenges, and Negative Feelings?

According to the website: [PositivePsychology.com](http://PositivePsychology.com)

The amygdala, an almond-sized part of the brain located at its center, detects threats and triggers the fight, flight, or freeze response. In today's world, we face stressful situations daily from deadlines, money management, time constraints, commitments, pressures and the ongoing fast busy pace of family life. While we all need to have a low-level of stress in our bodies to make decisions, drive our cars, go to work and make parenting decisions, if that low-level stress escalates to a high level, such as when you're about to lead a meeting, perform on stage, make a decision to purchase a home or car, or send your child off to college and if that stress remains high over a long period of time, health problems are inevitable.

We know that carrying high levels of stress also elevates the hormone cortisol in our blood stream. High levels of cortisol in the blood, often due to prolonged stress or underlying health conditions, can lead to several health issues. Some of the effects include:

- **Weight gain**, especially around the abdomen
- **High blood pressure**
- **Muscle weakness**
- **Fatigue** and **difficulty concentrating**



- **Skin changes**, such as thinning skin and easy bruising
- **Mood swings**, irritability, and anxiety
- **Increased blood sugar levels**, which can lead to diabetes
- **Weakened immune system**, making you more susceptible to infections

It's important to manage stress and consult a healthcare professional if you suspect high cortisol levels to address any underlying issues.

### **Managing Stress with EFT Tapping**

Lab scans have shown, time and time again, that EFT Tapping sends a calming signal to the amygdala, in-turn calming you down. It retrains the brain not to react to the same trigger or stimulus should it arise in the future. EFT Tapping has been shown to lower cortisol levels in the blood, lowering stress in the body and helping you return to balance, thwarting off health concerns.

### **EFT Tapping for Cravings and Weight-loss**

The amygdala plays a key role in our brain's reward and pleasure pathways, lighting up when we see tempting items like chocolate, fast food, or wine. Using EFT Tapping can calm the amygdala, reducing these cravings. Over time, EFT Tapping helps train the brain not to react to these triggers, leading to long-term benefits like weight loss.

## EFT – Sample Tapping Scripts for: WEIGHT-LOSS

### Sample Tapping-Set-Up and Affirmation Statements for Weight-loss

(Remember! – Statements are meant to be meaningful to you so feel free to change them to your words, if needed)

1. **Identify the problem, issue, feeling** about your weight or weight loss efforts, and rate how you feel about your weight loss journey between zero and ten.
  2. **Give it a Rating:** Write this number down on a note pad. 0-10!  
**(0-2 means it doesn't bother you at all, you're not concerned and 7-10 means it's all-consuming, you've become completely upset, frustrated, wanting to give up)**
3. **Deep breath in and out** (through nose, exhale through mouth). Shake arms and hands out and place them on your thighs. Sit up tall, back against the chair.
4. **Create a Set-Up Statement** that includes the negative thought(s) or feeling(s) you've identified, starting with **"Even though I feel \_\_\_\_\_"** and add an affirmation statement at the end of the statement, such as, **"I completely love and respect myself"** see examples below.

<b>Round # 1</b> <b>Begin Tapping</b>		
<b>Starting Point</b>	<b>Example of a Set-up Statement</b>	<b>Ending of Set-up Statement</b>
<b>Tap on:</b> <b>Point #1 –</b> <b>Karate Chop Point</b>	Even though I feel like I cannot lose my excess weight, <i>and</i> think it is going to be hard to do it,	I completely love and accept myself.
<b>Karate Chop Point</b>	Even though I feel like I have a lot of weight to lose, and feel like it is going to take a long time,	I completely love and accept myself.
<b>Karate Chop Point</b>	Even though I'm worried that this time will be just like the last time, that I won't lose my excess weight,	I am going to set those feelings aside and try something new.

<p><b>Start to use your “Reminder Phrases”</b></p> <p><b>Reminder Phrases are phrases that continue to express how you feel about your weight-loss efforts (shorter phrases)</b></p>	
<b>Point #2 - (Inside) Eyebrow</b>	I am tapping out these negative feelings about being stuck at this weight or the negative self-talk, “I lose one and then I gain 3!” (use your words)
<b>Point #3 - Side of Eye</b>	I’m so frustrated!
<b>Point #4 - Under Eye</b>	I work out at the gym and hardly see any change.
<b>Point #5 - Below Nose</b>	I have been over-weight for so long, I doubt my body even knows how to shed weight.
<b>Point #6 – Chin</b>	I don’t think I’m supposed to be thinner. Maybe this is how I’m supposed to be.
<b>Point #7 - Collar bone</b>	Every time I eat something; I think about my weight.
<b>Point # 8 - Under Arm</b>	I’m depressed about my situation.
<b>Point #9 - Top of Head</b>	I don’t enjoy shopping for clothes and my husband never buys me anything anymore.

**Round #2**  
**Shifting Reminder Phrases to Affirmations**  
**Continue to Point #2**

<b>Point #2 - (Inside) Eyebrow</b>	I am tapping out these negative stuck feelings I've had for a very long time, about not being able to lose weight.
<b>Point #3 - Side of Eye</b>	I need to start shifting these feelings by shifting my language and my beliefs.
<b>Point #4 - Under Eye</b>	I need to shift the beliefs I have about my ability to lose weight.
<b>Point #5 - Below Nose</b>	I'm letting go of old, limiting ideas about weight loss.
<b>Point #6 - Chin</b>	These feelings that I cannot do this.
<b>Point #7 - Collar bone</b>	This belief that I do not have what it takes to lose this excess weight.
<b>Point # 8 – Under Arm</b>	Tapping out any beliefs that are keeping me stuck.
<b>Point # 9 – Top of Head</b>	Tapping out any beliefs that no longer serve me.

<b>Round # 3</b> <b>Shifting Reminder Phrases to Affirmations –</b> <b>Continue to Point #2</b>	
<b>Point #2 - (Inside) Eyebrow</b>	I am shifting my beliefs and my language now to "I can do this!"
<b>Point #3 - Side of Eye</b>	I am shifting my beliefs to support me in losing this excess weight
<b>Point #4 - Under Eye</b>	I can do this!
<b>Point #5 - Below Nose</b>	I <u>can</u> lose this excess weight.
<b>Point #6 - Chin</b>	For me, it's always about been about my portion sizes!
<b>Point #7 - Collar bone</b>	I need to be more aware of how much I am putting on my plate!
<b>Point # 8 – Under Arm</b>	I am starting to believe this is true now.
<b>Point # 9 – Top of Head</b>	I am starting to believe that I can lose my excess weight.

<b>Round # 4</b> <b>All Positive Affirmations – Continue to Point #2</b>	
<b>Point #2 - (Inside) Eyebrow</b>	This time I am making changes.
<b>Point #3 - Side of Eye</b>	I am smart and in control.
<b>Point #4 - Under Eye</b>	I am not giving up. I love myself too much.
<b>Point #5 - Below Nose</b>	I am staying the course!
<b>Point #6 - Chin</b>	I am listening carefully to my body's cues about hunger.
<b>Point #7 - Collar bone</b>	I will make time each day for a walk or some type of movement that makes me happy. If I have good mobility, I will do so.
<b>Point # 8 – Under Arm</b>	I believe in myself.
<b>Point # 9 – Top of Head</b>	I believe that I can lose my excess weight.



<b>Round # 5</b> <b>All Positive Affirmations – Continue to Point #2</b>	
<b>Point #2 - (Inside) Eyebrow</b>	I love and respect my body.
<b>Point #3 - Side of Eye</b>	I am choosing healthy foods that nourish my body and paying attention to hunger cues.
<b>Point #4 - Under Eye</b>	I am committing to my weight loss goals.
<b>Point #5 - Below Nose</b>	I am patient with myself and my progress.
<b>Point #6 - Chin</b>	I am carving out time each day to move my body.
<b>Point #7 - Collar bone</b>	I am careful about the portions of food I put on my plate.
<b>Point # 8 – Under Arm</b>	I am thoughtful about what I am putting into my body.
<b>Point # 9 – Top of Head</b>	I have the power to create the body I want and deserve.

5. Revisit your original set-up statement and rate how you feel about it now, and how true it is, between 0 and 10. If your statement is still true and is still upsetting for you, and the rating is still 6 or more, do another round of tapping. Don't forget to jot down your rating, (0-10), and see if your number has changed.
6. Did any other 'aspects' surface during this round of tapping? Aspects are different (usually deeper, "at-the-root" type feelings) that can surface while you are tapping on your original negative thought, feeling, upset, worry, or concern. You can tap on any new aspects during a future EFT Tapping session.
7. If another round of tapping was needed, repeat step 5, making sure you have lowered the number to one closer to 0, such as a 3, 2, or 1.
8. Place both hands over your heart, palms toward chest and take a deep breath in, through your nose, then, exhaling through your mouth. (In with the positive energy and out with the negative). Shake arms and hands at your side.
9. Drink 1 to 3, 6 oz glasses of water.