



EFT for Cravings

Before you begin:

- ✓ Have a journal, pen and a glass of water with you.
- ✓ Write down all the sensations, feelings, memories, thoughts, and emotions that are linked to this item.
- ✓ Place the item that you are working on in front of you.

Part 1:

- Take a cleansing breath and focus on the food you would like to regain power over.
- Rate the intensity of how much you want to eat the food on a scale from 0-10. Log the number.
- Note what it is specifically that you like about the food; salty, sweet, crunchy, smooth, etc.
- Starting on the side of the hand point "Even though I am craving ___, That is just how I feel." x3
- Tap through the points for 1+ rounds listing all the aspects that are appealing about the item.
- Check back in with the intensity of your craving. Rate it again.
 - If the intensity has gone down, move on to step 2
 - If the intensity has increased or is the same, do another round

Part 2:

- Smell the item and rate the intensity (it often increases)
- Tap a round noting all the aspects that are appealing to you.
- If a memory or emotion presents itself to you then you can use your tapping skills on those.
- When done tapping, rate the intensity of the craving.

Part 3:

- Take a small bite of the item.
- Write down what you are feeling now.
 - Note how strong the craving is now for this item.
 - Does the item taste as you expected it to?
 - Log all that you are noticing about the item.

Continue the process until you feel that the craving has been released.