

## Tapping Script For Fear of Giving Up Dieting

(Note: The term dieting is also used to refer to any kind of rules around eating. E.g. healthy eating plan, or “I have to eat healthy.”)

Before doing the script below please do these first 3 steps.

Although you consciously may want to lose weight, sub-consciously there is a part of you that doesn't. The sub-conscious is far more powerful than the conscious. It's one of the reasons you might find yourself saying, “Why can't I just let this go?” “Why do I keep sabotaging myself?” And... “Why can't I lose this weight?”

These first 3 steps gives a voice to your sub-conscious and thus starts to lose the power of you.

**1<sup>st</sup> Step:** Drink a glass of water. Tapping works better when the body is hydrated.

**2<sup>nd</sup> Step:** Bump your two hands together at the karate chop points (at the base of the little fingers) for 30 seconds without saying anything. Pause for about 10 seconds.

**3<sup>rd</sup> Step:** Bump your two hands at the base of the little fingers – on the karate chop area and say the following:

**Even though a part of me does NOT want to let go of this weight; I do want to accept myself.**

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**Even though for whatever reason a part of me does NOT want to let go of this weight; I do want to accept myself.**

**AND if “I do want to accept myself” doesn't feel true right now, try “I do want to want to accept myself.”**

**See tapping script below.** Try to tap daily and pay attention to what resonates, what doesn't (and this will probably shift the more you tap) and what pops up. Make a note of what pops up (feeling, thoughts) even if you don't think it's relevant.

Statement: There's a part of me that's afraid to move to a diet-free lifestyle.

Rate it on a scale of 0-10 where 0=Not True AND 10=Very True \_\_\_\_\_

**PLEASE NOTE: it's good to find those tiny little parts of us that says those things that you as an adult might think are an exaggeration.**

**Take a deep breath in and as you exhale, sink into your body and notice the sensations in your body. Check your stomach, your heart, your throat and in behind your eyes. As much as you're able to—stay in tune with the sensations and feelings in your body.**

**Here are a few examples; do you feel contracted, or restricted, or heaviness, or a thickness, or is there a tightness somewhere? Or something else? Do you feel dissociated? Is there a fluttery feeling in your stomach? A thickness in your throat?**

**As you tap is there a lightening as if a weight is being lifted off of you? Do you feel an opening, or an expansion in your heart?**

**Note: Yawning is a sign of energy moving through your body.**

## Karate Chop

Even though a part of me is afraid of moving to a diet-free lifestyle; I am open to exploring that now.

Even though the truth is a part of me is terrified of giving up the whole concept of dieting because I'm afraid I'll gain a lot of weight; I choose to acknowledge this now.

Even though the truth is a part of me is afraid I can't trust myself, or trust that my body will send me the right signals, or trust this whole diet-free lifestyle thing will work; I want to honour where all this mistrust comes from, and I want to love and accept all parts of me.

**Starting at the Eyebrow Point – keep tapping through all the points. Note: \* means move to the next tapping point.**

\*the truth is \* I'm afraid to give up dieting \* Yup, it's true \* I am afraid to give up dieting \* I am so afraid to stop dieting\* there's this part of me \* that still believes \* if I can just gather up the willpower \* if I can just stick to my diet \* or a healthy eating plan \* and eliminate all the foods \* the diets tell me to eliminate \* if I do

that \* then I'll lose the weight \* that's the truth \* a part of me still really believes that \* because I've lost weight before \* by doing exactly that \* I see other people do it \* so it seems to me \* that giving up dieting \* is the most ridiculous thing to do \* there's this part of me \* that is saying \* what are you thinking? \* are you crazy? \* give up dieting \* you'll grow as big as a house \* maybe even as big as a mansion \* this is ludicrous \* why am I even thinking this can work \* but the truth is \* the dieting really hasn't worked \* because I keep gaining the weight back \* and it kind of makes sense \* if diets really worked \* then all any one would ever have to do \* is just go on one diet \* and it'd be easy to stick to \* and there's another truth \* I've been dieting for years \* years and years and years \* and it isn't working \* and it kind of makes sense \* that listening to my body \* like when it tells me to go to the bathroom \* might be a way to lose weight \* I do have a hunger mechanism \* humans have a hunger mechanism \* but I'm still not sure I can trust myself \* but what if not trusting myself \* happened as a result of physical cravings \* and mental cravings \* what if I binged \* because a part of me knew \* I'd be depriving myself soon \* of my pleasure foods \* it's still scary though \* to think of moving to a diet-free lifestyle \* but I love the idea of never having to give up the foods I love \* what if it is true \* I can balance healthy foods with pleasure foods \* what if it is true \* I guess the question is now \* if dieting hasn't worked \* and it hasn't \* do I want to try this \* I think I do \* even though it's scary \* the truth is \* there's some relief too \* because I'm tired of battling with food \* and I do want to be open to moving to a diet-free lifestyle \* I want to be open

**Take a deep breath and blow it out.**

**Rate the statement again. Keep repeating the sequence, changing words and working in images, memories, etc connected to this statement, until the number is very low.**

## Insights & Aha Moments:

**If you're interested in finding out more about what blocks your weight loss empowerment, please email me at [Irene@ClearYourCravings.com](mailto:Irene@ClearYourCravings.com) to request your copy of *The Weight Loss Empowerment Clarity Quiz*.**