

## Tapping to Eliminate Food Cravings

This is how you use Tapping to let go of your desire for those unhealthy foods that are sabotaging your weight-loss efforts.

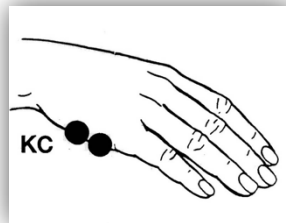
Choose a food that you often crave; one you know is unhealthy and would like to avoid. It could be candy, chips, ice cream, or any junk food you frequently struggle with. Now look at it, smell it, imagine eating it. Using the SUD rating, assess the intensity of your craving.

**1. The Set-Up:** Tap 10 to 15 times on the Karate Chop point while repeating the Set-Up Phrase:

*“Even though I really want this \_\_\_\_\_, I deeply and completely accept myself.”*

Or you might say

*“Even though I have this strong craving for \_\_\_\_\_, I deeply and completely accept myself.”*



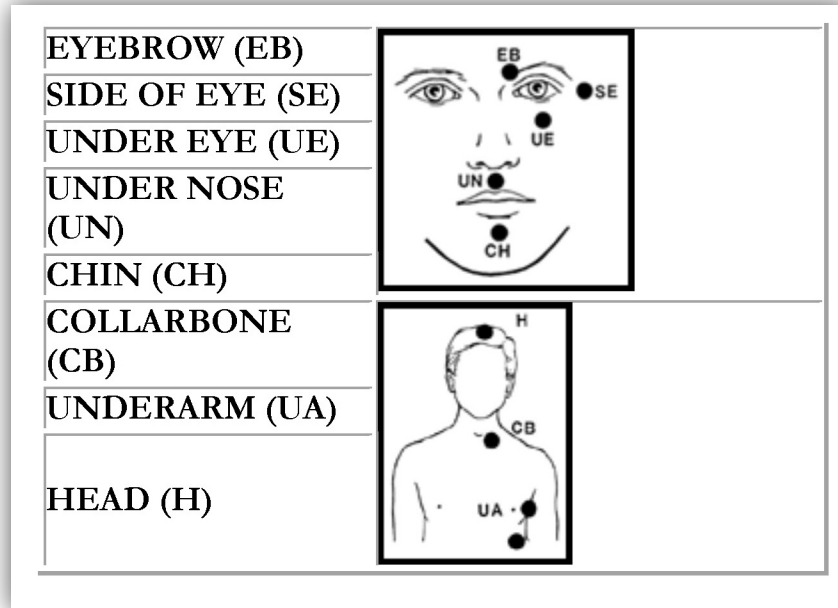
The words you choose need to be the ones that best reflect how you feel about your desire for the particular food at this time. Do this three times.

**2. The Sequence:** With two or three fingers, lightly tap about 10 to 15 times on the points indicated in the diagram. As you tap each point, use the Reminder Phrase, which is an abbreviated version of the Set-Up Phrase. It will help focus on the craving.

*“I really want this \_\_\_\_\_”*

Or

*"This craving for \_\_\_\_\_"*



(It doesn't matter which hand you use or which side of the body you tap on.)

**3. Breathing, Observing, Reassessing:** Stop, pause, and take a deep breath. Now check out the craving. Has the smell changed? Has the intensity of the craving decreased? If so, what number would you now give it on a scale of zero to ten?

Let's assume that the craving has decreased, but not gone away. For example, your number may have started at nine and decreased to four. You will continue the process as follows.

**4. Subsequent Rounds:** Do another round of tapping, changing the Set-Up Phrase to acknowledge that some of the craving is gone, but some remains. While tapping on the Karate Chop Point, say the Set-Up Phrase as follows:

*"Even though I still want \_\_\_\_\_, I deeply and completely accept myself."*

Or

*“Even though I still have some craving left for \_\_\_\_\_, I deeply and completely accept myself.”*

And then change the Reminder Phrase to

*“Still want this \_\_\_\_\_”*

Or

*“This remaining craving for \_\_\_\_\_”*

Keep tapping until you have brought the craving down to a two or lower. And that’s it.

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