

Exclusive Online Training Companion

Rate Your Top Subconscious Weight-Loss Blockers

Block #1: Your feelings are stuck in the food MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

Block #2: I don't wanna make them feel bad MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

Block #3: Emotional eating - Push the food away MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

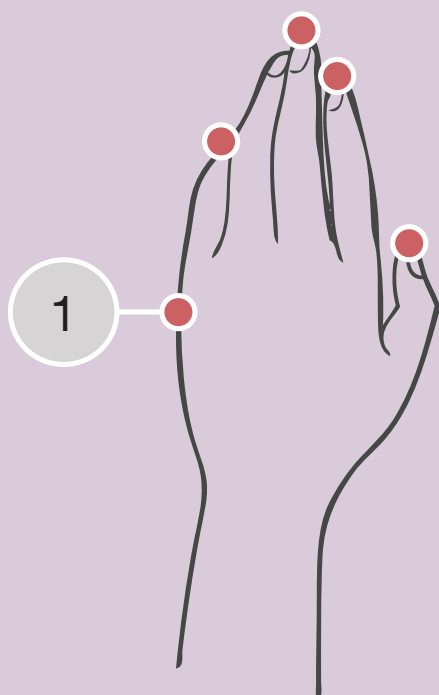
Block #4: Clean your plate MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

Block #5: I'm too sexy MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

Block #6: Your authority figure & willpower MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

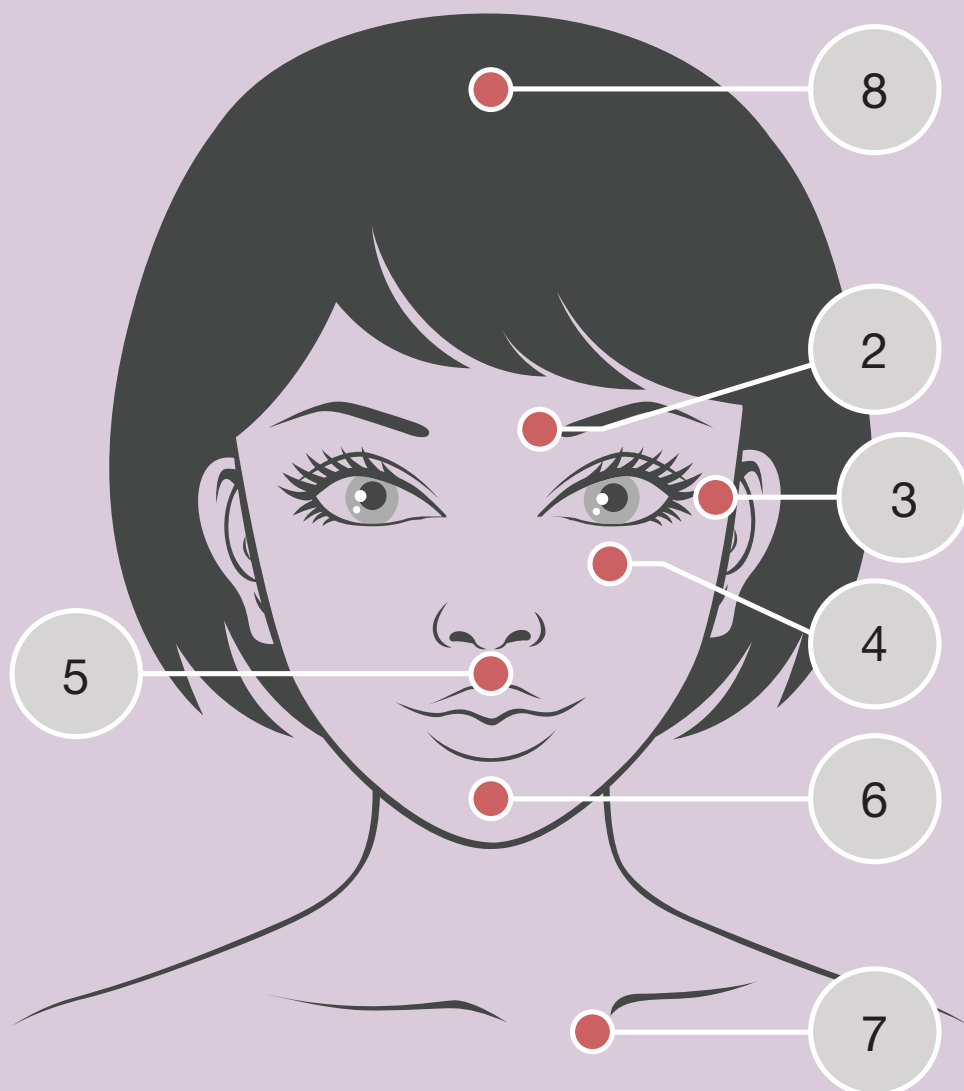
Block #7: Deprivation & your preverbal childhood MY PERSONAL RATING 1 2 3 4 5 6 7 8 9 10

Tapping Points



*Optional fingertip points
for discreet tapping*

1. Karate Chop
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Under the mouth/chin
7. Collarbone
8. Top of the head



Tapping Points

Step-by-Step Tapping for Cravings Recap

Remember: For best results, it always helps to have the food you crave in front of you. If you don't, just imagine it!

1) The first step to using EFT for your food craving is to rate its intensity on a scale of 0–10

Tune into what you really want about the food you are craving. It might be something like, “I really, really, REALLY want the sweet creamy, peanutty goodness of this Snickers bar”, or, “I just can’t resist eating this whole bag of potato chips!” You can take a (small!) bite if you need to.

Notice what it is about this food that you love. Is it the crunchiness? The saltiness? The creaminess? The way it slips down your throat? Take note of how your body feels when you eat it.

Then say out loud, “I have this craving for [your food]” and rate the strength of your craving on a scale of 0–10, taking note of that number. Don’t get too wrapped up getting the number exactly right, the first thing that pops into your head is usually the right answer.

You now have a statement to work with, “My craving is a 10 for these potato chips.” It is not essential to say the statement out loud, but the protocol will be more effective if you do. EFT works best when we activate whatever we are changing, and we are more likely to be emotionally engaged when speaking out loud.

Now that you have noted the intensity of your craving you are ready to start tapping!

MY PERSONAL RATING

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Step-by-Step Tapping for Cravings Recap

2) Tap on the karate chop point

Say “Even though I have this craving for *[your food]*, I completely love and accept myself,” while continually tapping on the karate chop point. *Repeat for a total of 3 times.*

NOTE

If it is painful to tap here, or on any of the points, **STOP!**
It is important that you take full responsibility for your body.
If tapping is painful, just touching or rubbing the spot also works.

3) Tap through the points

Tap through the points as you say a short phrase out loud. This phrase is a short version of your initial statement. Examples might be, “I really want this [food]”, “I can’t stand not eating this [food]”, “This [salty, sweet, etc] [food]”.

Tap on the first point until you complete the phrase (about 5-10 times). Then, move to the next tapping point and another phrase (or repeat if you like). These phrases can really be anything that keep you focused on the craving!

4) Tap on the karate chop point

Our issues do not exist in isolation. As you are tapping on one issue, it is very common for another related issue to come up.

While tapping on, “I really don’t want to give up these salty, crunchy potato chips” you may find other thoughts coming to mind like, “I am afraid that if I lose weight my friends will be jealous.”

...

Step-by-Step Tapping for Cravings Recap

You might also think, “I am afraid that if I lose weight, my sister will feel bad.” These are similar issues, but not the same issue.

Write down the new issue and finish tapping on the issue at hand.

IMPORTANT NOTE

EFT can only be effective if you are completely tuned into the issue. As you are tapping, it's very common for your mind to throw up distractions. Part of you is pretty much guaranteed to feel resistant, threatened, or deprived at the thought of giving up your favorite treats. Extra weight often represents safety or protection on a subconscious level, so there will be a part of you that is extremely unwilling to give up the foods you crave and will try to trick you by diverting your focus. **Don't give in!** Stick with one issue all the way through.

5) Tune in and re-rate

Check in with your food and re-rate your craving for it on a scale of 0-10.

MY PERSONAL RATING

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Have another little bite if you need to. Our goal is to get to zero. If the craving has gone down but is not zero, it simply means your work is not done on this issue. Repeat the process by doing steps one through four again.

Keep in mind that many issues you may work on have deep roots. Many of them have taken years to build and reinforce. EFT is a very powerful tool, but it may take more than one round of tapping to eliminate strong cravings and deep issues.

For EFT to work, you must be tuned into the issue you are working on. The more tuned in you are to the issue, the faster and more effective EFT will be.

This is the opposite of the placebo effect and distraction methods; you are not being asked to ignore your pain or emotion, but to focus very intently upon it.

If the strength of your craving goes up instead of down, it's actually good news, because you are now more tuned into your body. This will help you to make quicker progress with EFT.

Step-by-Step Tapping for Cravings Recap

Britt's Ball of Light Technique

Take a deep breath and let's begin...

1. **Taste** your favorite food (just a little!). Smell it...savor it...notice all the good feelings.

2. **Rate** your desire for the food on a scale of 0-10 and write it down.

MY PERSONAL RATING

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3. **What is your first memory of this food?** Who were you with? Don't have a specific memory? Think instead about how badly you want it and tune into the craving in your body.

4. **Identify someone you love** and feel safe with from your memory/life, or you can also use the image of a big, strong tree.

5. **Tap the karate chop point** as you taste the food in your mind and feel all the good feelings.

6. **Tap through the points** as you scoop up the good feelings and bring them into your heart, transforming into a **sparkly ball of white light and love**.

7. **Continue to tap through the points** as you pass that ball of light back and forth between your heart and the heart of your loved one, noticing how great that connection feels in your body.

8. **Take a deep breath** and re-rate your craving on a scale of 0-10

MY PERSONAL RATING

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