DAILY TAPPING SCRIPT

START YOUR DAY THE RIGHT WAY

Feel free to change the words to suit you

KC-Even though I have this weight I can't lose, I totally and completely accept myself.
KC-Even though I have no willpower when it comes to food, I totally and completely accept myself.
KC-Even though I think I'll never lose this weight, I totally and completely accept myself.

Now tap through the points:

I'll never lose this weight!
I like food too much
Why can't I lose this weight?
I have no willpower
I keep trying and keep failing
Sometimes I feel like giving up
I hate to be restricted
I wish it were easier

What if I didn't have to worry?
What if it was easy?
My body knows the right amount of food to eat
Maybe I should listen to my body and not my emotions
My emotions are eating for different reasons
If I eat what I want and listen to my body
I will stop when I'm full
I won't feel deprived

I am committing to listen to my body.
I can tap before a meal
Or tap before I'm about to binge on snack (insert you weakness here ;)
It's time I broke those old habits
This will be easy
I'm excited to try something new
My subconscious mind and nagging voice can take a rest
My body knows what to do