



ITM Free Resource for Day 19, August 19th, 2022

Today's Topic: *I Can't Give Up Sugar...But I Want To!*

It's a nice idea, right? Being able to give up sugar. Maybe even going low-carb for a while.

But it's hard, isn't it? And perhaps you're struggling with the process of kicking the sugar habit.

So, let's Tap on that! As always, have some water handy as well. Let's begin, shall we?

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This is provided merely as information.]

"I can't give up sugar...but I want to."

When you say this out loud, what comes up for you? Be as specific as possible. Or perhaps you feel something in your body, perhaps your chest. Make note of these things.

Write down what's coming up for you below. And, make note of how strongly you feel about everything on a scale of 0 (calmest) to 10 (most riled).

Then, form your own set-up statement, using the following sample and Tapping points round as a starting guide. Begin Tapping on the Side of Hand and say:

"Even though I want to give up sugar, but I can't seem to do it, and it's frustrating, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)

Side of hand:	See above, state three times	Chin:	<i>I just can't give up sugar</i>
Eyebrow:	<i>I can't let go of eating sugar</i>	Collarbone:	<i>I'm frustrated that I can't let go</i>
Side of eye:	<i>I feel better when I don't, but...</i>	Under arm:	<i>It's so hard to avoid sugar</i>
Under eye:	<i>I'm addicted to it. I can't get enough...</i>	Top of head:	<i>I feel deprived but I know it's bad</i>
Under nose:	<i>I'm frustrated with myself</i>		

So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)



Jot down whatever comes up for you below. Take note of where you are on the 0 to 10 scale, with zero being calm and relaxed and 10 feeling really charged up about things.

Another set-up statement sample for your convenience for today's topic: ***I Can't Give Up Sugar...But I Want To!***

"Even though I want to give up sugar, it's so addictive and I can't control it, and that's just where I'm at." (Or, "I deeply and completely love and accept myself.")

Notes:

After completing these rounds of EFT Tapping for the theme of ***I Can't Give Up Sugar...But I Want To!*** take a break! But, do take note of how you're feeling and where to continue in your next round.

Happy Tapping!

- The ITM Team