

Tapping Script: Desire To Eat When I'm Not Hungry



Use this script when you notice a desire to eat even if you're not truly physically hungry. Notice how strong your urge to eat is on a scale of 0-10. Notice what you're craving to eat. Ask yourself, why do I want to eat right now? Notice what answer comes up. If there is an emotion that is present then tap on that emotion. Otherwise, try following this script adding in your own words as you see fit.

Karate Chop: Even though I have this desire to eat when I'm not truly hungry, I love and accept myself.

Even though I have this strong urge to eat something when I'm not actually hungry, I love and accept myself.

Even though I really want to eat something but I know I'm not physically hungry, I love and accept myself.

Eyebrow: This desire to eat.

Side of Eye: It's so intense.

Under Eye: I want to eat something.

Under Nose: But I'm not actually hungry.

Chin: This urge to eat.

Collarbone: This desire to taste something good.

Under Arm: I just want to go through the motions.

Top of Head: There's something about eating that I like.

Eyebrow: It feels good.

Side of Eye: Maybe I'm just bored.

Under Eye: Maybe I'm worried I'll get hungry later.

Under Nose: Maybe I'm wanting to feel better with food.

Chin: Whatever the reason, I want to eat.

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Collarbone: And I'm feeling bothered by this.

Under Arm: All of these thoughts and feelings.

Top of Head: Releasing them now, letting them go with ease.

Pause and take a deep inhale. Exhale and sigh and release. Say the word 'Peace.'. Sit for a moment and tune into your body, thoughts and feelings. What do you notice? Did any of those words resonate with you? If there a reason you've become aware of that is why you want to eat? If so, continue tapping on that thing. Otherwise, move on.

Continue tapping...

Karate Chop: Even though there is a voice inside of me telling me to eat, I choose to honor my hunger and wait until I'm truly hungry.

Even though I still have a desire to eat, I choose to know that I don't have to listen to my animal brain and I can eat later when I'm truly hungry.

Even though I still notice an urge to eat, I recognize this is just an urge and I can simply observe it and let it go without acting on it.

Eyebrow: This remaining desire to eat

Side of Eye: Even though I'm not hungry.

Under Eye: It bothers me I have this urge.

Under Nose: But it's okay, I can just observe it

Chin: Without having to act on it.

Collarbone: I choose to find something else to do

Under Arm: I choose to feel at ease without this food.

Top of Head: I choose to honor my hunger cues and wait until I'm truly hungry to eat.

Inhale and exhale. Imagine a white light coming down through the top of your head and rinsing away the energy of the thoughts and emotions that are present for you. Soak up the white light throughout the body, feeling a greater sense of calm, peace, self-love and forgiveness. Check in with yourself. What thoughts and feeling are

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present now? If you feel anything that is still intense, go back and repeat the first two rounds. Otherwise, move on to the positive round.

Karate Chop: Even though there's still a small desire to eat something, I choose to empower myself to wait until I'm physically hungry and do something else instead now.

Even though there's still a part of me that wants to eat something, I choose to focus my attention on something else and release this desire with ease knowing I will eat something later when I'm physically hungry.

Even though I still notice a small urge to eat something, I choose to empower myself to make the decision that is right and best for me and let go of all judgments knowing that it's okay no matter what.

Eyebrow: I choose to empower myself to wait to eat until I'm truly hungry.

Side of Eye: I choose to do something else now instead.

Under Eye: I can drink water. Go on a walk. Or do an activity.

Under Nose: I choose to release this desire to eat with ease

Chin: Knowing I'll eat later when I am physically hungry.

Collarbone: I choose to make the decision that is right and best for me

Under Arm: And let go of all judgments I have of myself.

Top of Head: Knowing that it's okay no matter what.

Take a deep breath. Exhale. Check in with how you feel. Measure the intensity of the thoughts and feelings that are present for you. Continue tapping until you experience relief from your urge to eat! Go back and add your own words to reflect your thoughts and feelings as needed.