

# I am a food *addict*

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Use this step-by-step guide  
to help acknowledge your food addiction  
as the first step to overcoming it

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# How to make EFT *work*

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EFT is MOST effective when you are tuned into a specific issue, event or emotion. As you are tapping it's very common for your mind to find distractions. Suddenly, checking your phone or making a cup of tea! becomes very important in that moment. Your mind has one job. To keep you safe and alive.

When you are tuning into an issue, emotion or event that is hurtful, embarrassing or painful your mind will want to save you from the pain that could come from focussing on it by distracting you.

Practice staying in the moment if this happens to you.

EFT is the opposite of a placebo effect or distraction method. We want you to focus in on the emotion, event or issue intently and not ignore the pain or the emotion. Sometimes while you focus on an emotion, event or issue the intensity rises. This is a good thing because you are now more tuned into your own body.

This tuning in will help you to make even faster progress using EFT.

Be sure to out the diagram on page 5 if you are not familiar with the tapping points.

# I am a food addict

I want you to say out loud - "I am a food addict." On a scale of 0 - 10, rate how true that statement is for you. Make a note of that number.

Tap 5-6 times on one point while saying one statement. Move to the next point, tap for 5-6 times saying the next statement. Repeat this for each point below.

Karate Chop: Even though I am addicted to food, I deeply and completely accept myself.  
*(repeat this statement 3 times while continuously tapping on the same spot)*

Top of Head: I am a food addict

Eyebrow: I am addicted to food

Side of the eye: Part of me always wants something to eat

Under the eye: Food is my drug

Under the nose: I always have food on my mind

Under the lip: Even after I have eaten

Collarbone: Even when I am full

Under the arm: I am always thinking about food

Top of Head: I am a food addict

Eyebrow: I am addicted to food

Side of the eye: Food consumes my thoughts during the day

Under the eye: I think about food when I am lonely

Under the nose: I think about food when I am bored

Under the lip: I think about food at other times too

Collarbone: I think about food all the time

Under the arm: I am a food addict

Top of Head: I hate saying this

Eyebrow: But it is true

Side of the eye: I am a food addict

Under the eye: It causes me shame

Under the nose: It causes me guilt

Under the lip: It causes me embarrassment

Collarbone: I am addicted to food

Under the arm: I am a food addict





Top of Head: I acknowledge that I am addicted to food  
Eyebrow: But I dont want it to be like this any more  
Side of the eye: I dont want food to control me  
Under the eye: I want to feel in control  
Under the nose: It feels impossible right now  
Under the lip: But I have done other things that were  
Collarbone: Once impossible to me  
Under the arm: It is possible for me not to crave food

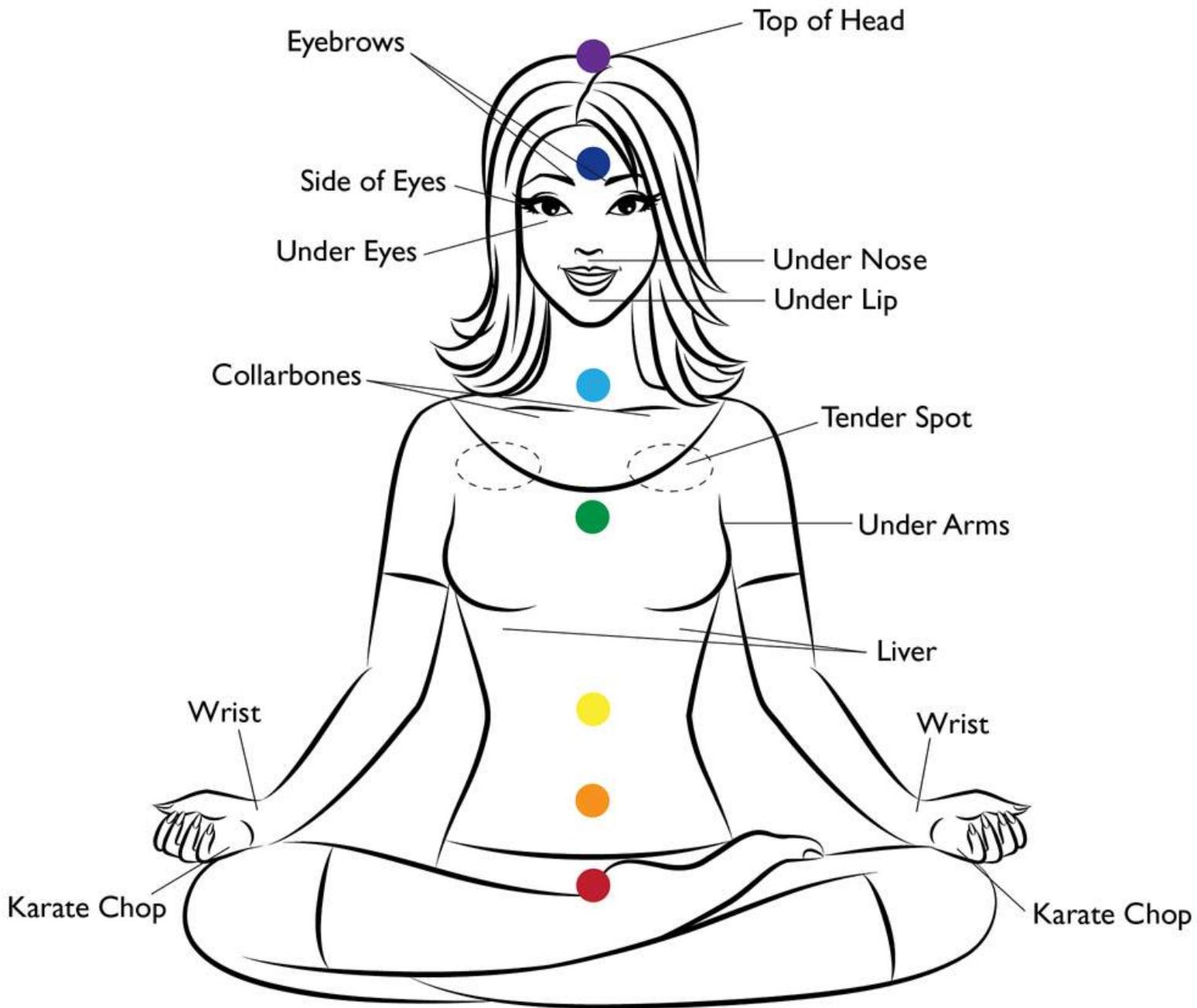
Top of Head: I can make it through the day  
Eyebrow: Without craving food  
Side of the eye: I can change my thoughts  
Under the eye: And I can work through these emotions  
Under the nose: I can change what I focus on  
Under the lip: I can work my way through  
Collarbone: How food has a hold on me  
Under the arm: I can choose to be free

Top of Head: I am tuning into what drives my craving  
Eyebrow: I am recognising the emotions behind it  
Side of the eye: I am choosing to be different  
Under the eye: I am choosing to escape this addiction  
Under the nose: I can be free of this addiction  
Under the lip: I give myself permission to be free  
Collarbone: I can control my own thoughts  
Under the arm: I am in control of my own emotions

Top of Head: My addiction is a distraction  
Eyebrow: My addiction lets me escape  
Side of the eye: I choose not to escape  
Under the eye: Any more from my life  
Under the nose: Its my one life  
Under the lip: And I get to enjoy it  
Collarbone: With choice and freedom  
Under the arm: To live it on my own terms

Tune into your original statement again. "I am a food addict." On a scale of 0 - 10 rate how true that statement is for you now. Has the intensity come down to a 2 or less?  
if yes, awesome job!!  
If no, head back to the karate chop point and do this tapping routine again.  
The aim is to bring your intensity down to a 2 or less.

## TAPPING POINTS



# MEET THE Author



Lorna is the founder and CEO of the Australian Tapping Institute. ATI is her newest baby that she has nurtured into a global brand. Her mission is to touch the lives of 1,000,000 (yep, that's one million) people across the world to help and inspire them to live their life of purpose and to pursue their dreams. She is a sassy single gal living in Sydney, Australia and loving her empty-nest now that all her sons have flown the coup!

*"Tapping* The universal healing tool to enhance your physical, emotional wellbeing and performance"

-Lorna Hollinger



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IMAGINE  
KNOWING YOU  
ARE AS  
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AS YOUR BEST  
FRIEND THINKS  
YOU ARE

- LORNA HOLLINGER