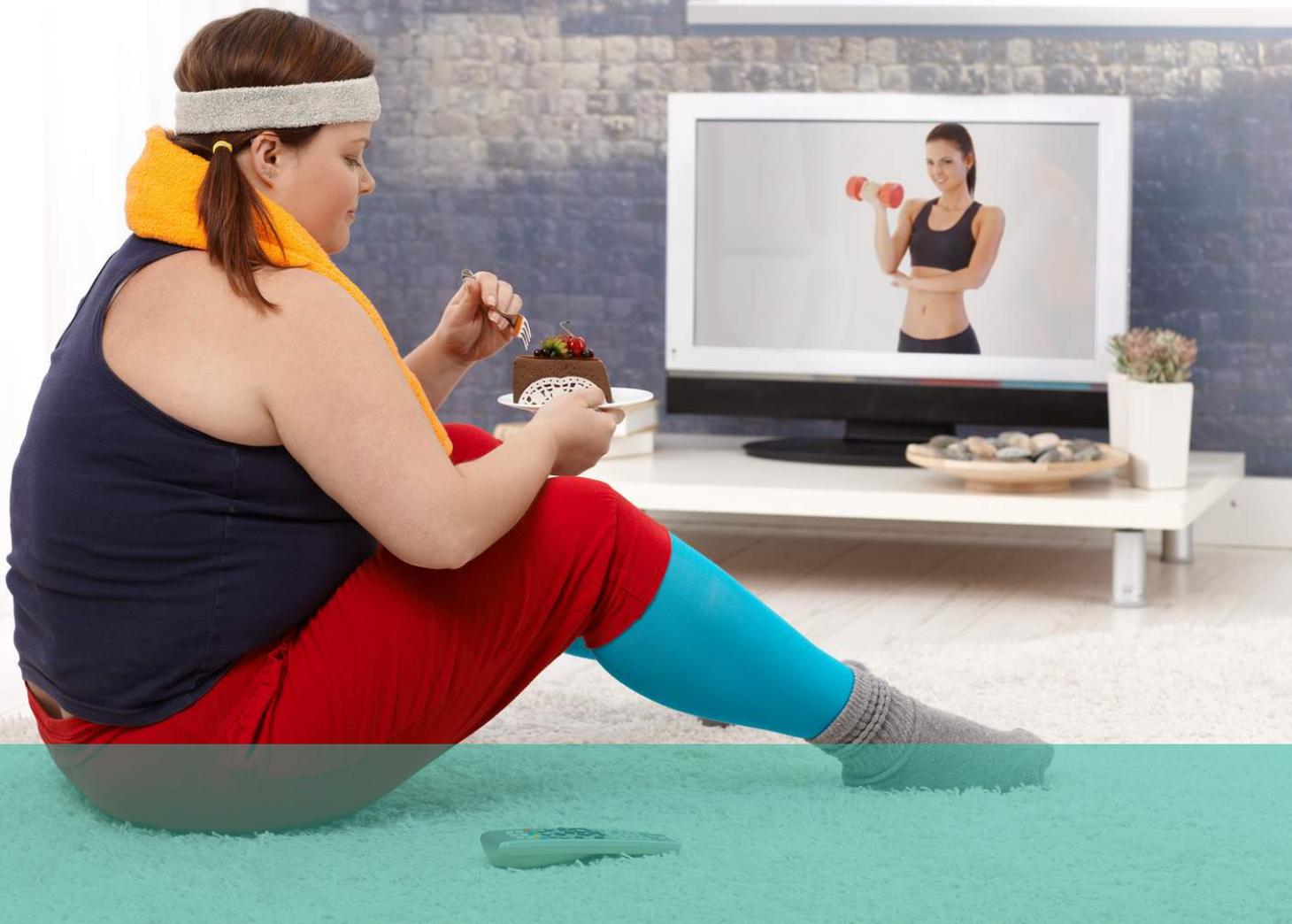


I dont trust myself to keep *the weight OFF!*

Use this step-by-step guide
to manage the stress over regaining the
weight you have lost.

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How to make EFT *work*

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.

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I don't trust myself to keep *the weight OFF!*

I want you to say out loud - "I don't trust myself to keep the weight off." On a scale of 0 - 10, rate how true that statement is for you. Make a note of that number.

Karate Chop: Even though I don't trust myself to keep the weight off, I deeply and completely accept myself.

(repeat this statement 3 times while continuously tapping)

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.

Top of Head: I don't trust myself to keep the weight off

Eyebrow: I have lost weight before

Side of the eye: I have been successful before

Under the eye: Only to gain it back

Under the nose: I failed that time

Under the lip: I might fail this time too

Collarbone: I don't trust myself to keep the weight off

Under the arm: When I lose this this time

Top of Head: I might have the willpower to lose weight

Eyebrow: But it could come creeping back on

Side of the eye: It it going to creep back on

Under the eye: I might fail again

Under the nose: I don't trust myself

Under the lip: I will wake up one day

Collarbone: And it will be all back on

Under the arm: This is my greatest fear

Top of Head: The work I do will be wasted

Eyebrow: All my hard work will go to waste

Side of the eye: The weight will creep back on

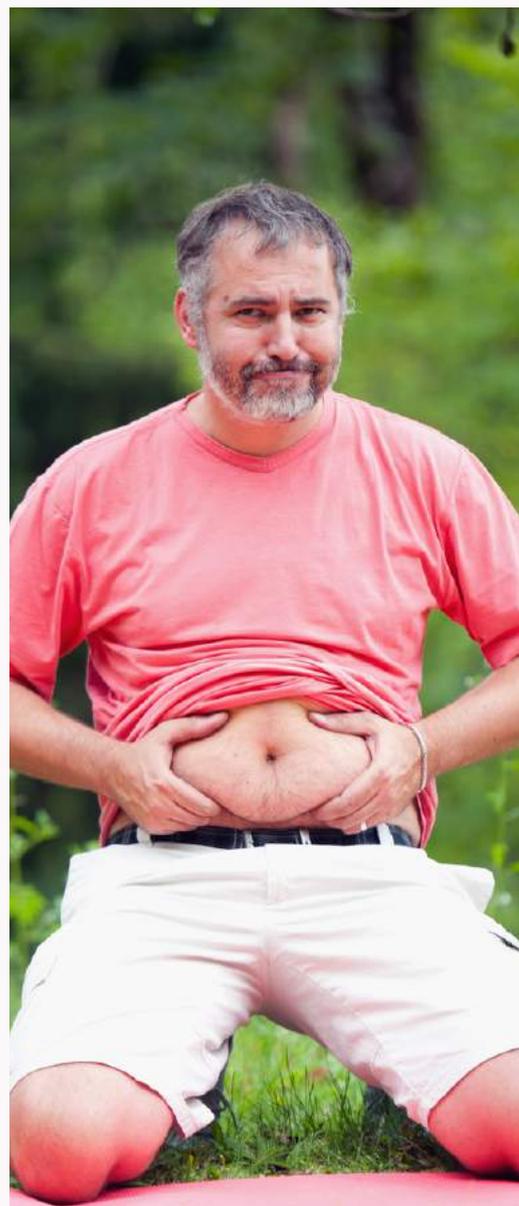
Under the eye: And I will be devastated

Under the nose: Disappointed in myself

Under the lip: Angry at myself

Collarbone: If the weight comes back on

Under the arm: I will be disappointed





Top of Head: Losing weight is harder than keeping it off
Eyebrow: this time i can learn new skills
Side of the eye: I choose to know I am able to get rid of it
Under the eye: I can lose all this weight
Under the nose: I can keep it off
Under the lip: I am changing my habits
Collarbone: I am changng my beliefs
Under the arm: I am changing

Top of Head: I am focusing on the underlying emotions
Eyebrow: That drive my eating behaviour
Side of the eye: I am changing those emotions
Under the eye: I am changing my reactions
Under the nose: To those emotions
Under the lip: I am not losing weight
Collarbone: I know where it is going
Under the arm: I am discarding what I no longer need

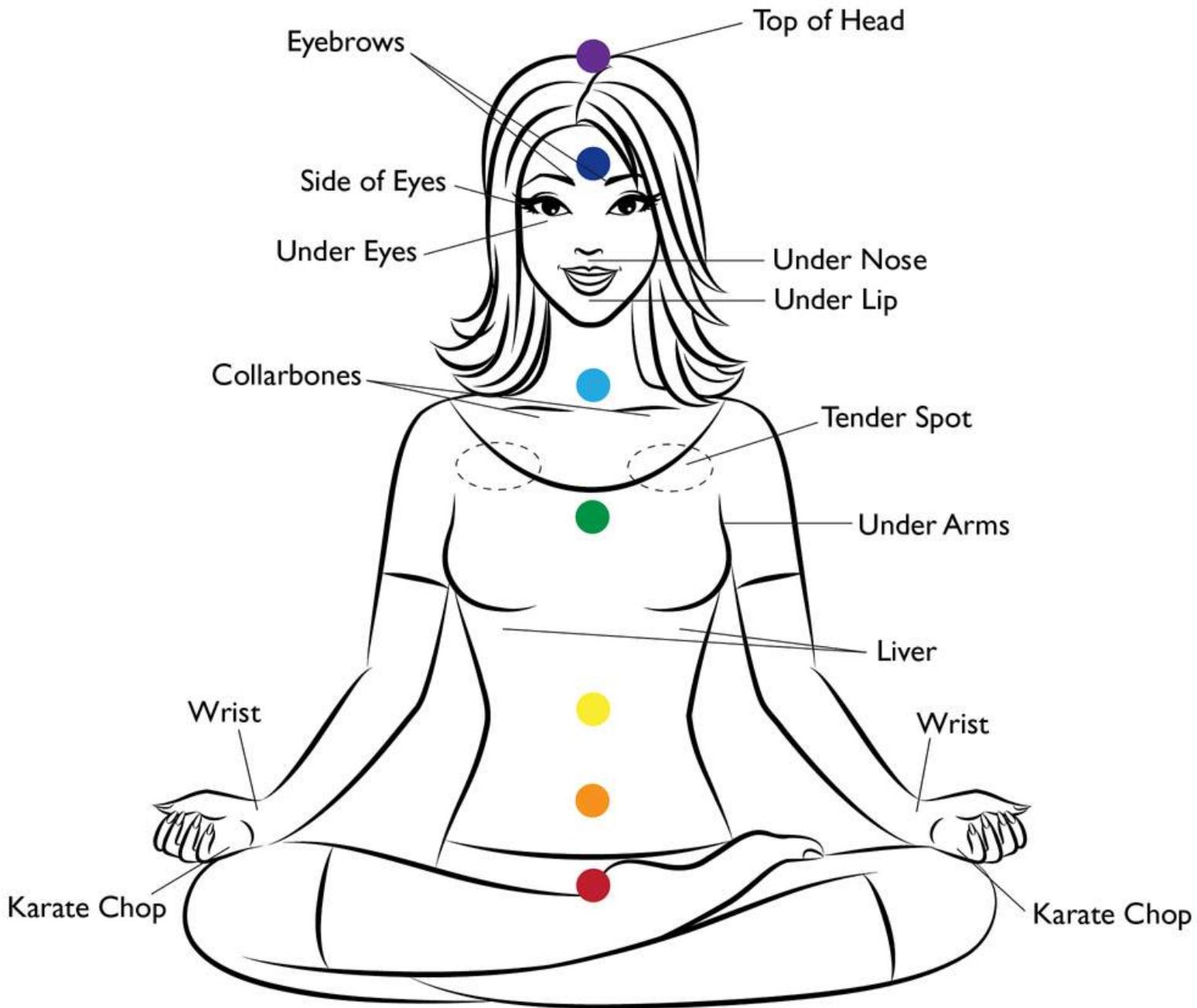
Top of Head: It is easy for me to keep weight off
Eyebrow: It is easy for me to make the healthy choices
Side of the eye: That are needed to improve my health
Under the eye: It is easy to keep weight from creeping on
Under the nose: It is easy for me to make the changes
Under the lip: It is easy for to improve my emotional health
Collarbone: It is easy for me to change my emotions
Under the arm: It is easy for me to feel in control

Top of Head: I am improving my health
Eyebrow: I am improving my emotional health
Side of the eye: I am creating good food habits
Under the eye: That will help me to improve my health
Under the nose: Good choices I now make
Under the lip: Loving my body is a choice I make
Collarbone: Wanting to maintain a healthy body is a choice
Under the arm: I choose health

Tune into your original statement "I don't trust myself to keep the weight off." On a scale of 0 - 10 rate how true this statement means to you. How has it changed?.

If still higher than 2, repeat the tapping proces above.

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 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
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AS YOUR BEST
FRIEND THINKS
YOU ARE

- LORNA HOLLINGER