



## Using EFT for Cravings and Urges

**Tap every time you have a Craving.**

**Tapping on Cravings only addresses that Craving in that moment.**

**You have to tap each time you experience a craving.**

**Tapping on cravings doesn't address underlying or core issues.**

**It's important to also be addressing the core issues behind your Emotional Eating.**

**Tap for Cravings or Urges as soon as you feel one.**

**First, measure how intense the Craving is.**

Measure the intensity of the craving on a scale of 0-10, with 0 being no craving at all, and 10 as high as it can be.

**It's better to tap before intensity of the Craving or urge is above a 7.**

Once the craving gets higher than an 8 it's very difficult to make yourself tap. The craving becomes stronger than your desire to be in balance around food and your body. So tap as soon as you notice the first stirrings of a craving!

**Alternatively, if you get Cravings at a regular time or during a particular activity (ie on the way home from work, at the grocery store, after dinner while watching tv), tap in advance of that event.**

Eg. 'Even though I'm going to get that Craving as soon as I walk in the store, (finish the dishes, sit down in front of the tv), I totally and completely love, accept and forgive myself'.

'Even though yesterday when I (whatever the circumstance was), I had that insatiable urge, and I'm afraid I will again today, I love, accept and forgive myself.'

Use your own words and your own situation.

### **Set up Statement.**

Tap the Karate Chop Point (see How To Tap for instructions and the points)

Say something like this, using your own words;

'Even though I have this Craving for (this chocolate, these chips, croissant, ice cream, cookie, fries, etc.) I love, accept and forgive myself anyway' **repeat 3x**

**Just say whatever it is for you. Some examples;**

'Even though I really want this \_\_\_\_ now, I deeply and completely accept myself'

'Even though have this Craving for \_\_\_\_ and I can't control myself, I love and accept who I am'

'Even though I have this urge to go and eat something, anything, and I'm not hungry, I love, accept and forgive myself anyway'

'Even though I'm (whatever emotion, bored, sad, alone or lonely, afraid, angry) and I want to eat (whatever it is you are craving), I love, accept and forgive myself'

**\*If you're feeling some resistance about tapping for the Craving do a *Secondary Gain Technique*:**

'For whatever reason, I don't want to get over this Craving, and I love, accept and forgive myself anyway.'

**Repeat 3x.**

**Or**

'Even though I have this resistance, I love, accept and forgive myself.' **Repeat 3x.**

**Tap through the points while saying,**

'I don't want to'  
 'This resistance'  
 'I don't want to get over this Craving'  
 'I'm not doing it'  
 'Forget it, you can't make me'  
 'I really want it and I want what I want'  
 'I'm doing it'  
 'I won't stop'  
 'I don't want to get over it'  
 'I need it'  
 'I don't want to get over it'

**Then go back to tapping on the Craving itself.**

'Even though I have this Craving (want this x), I love, accept and forgive myself' **Repeat 3x**  
**First Round. Tap through the sequence 2-3 times. On each point say something like;**

'This Craving'  
 'I want it'  
 'I can't control myself'  
 'I'll just have one'  
 'I really need it'  
 'This (your craving food)'  
 'This Craving'  
 'I have to do it'  
 'I can't stop myself'  
 'oh no, here we go again'

**Second round:** just talk it through, stream of consciousness tapping, whatever you are thinking or feeling about it. Do another few rounds here.

'I really want it'  
 'No I don't'  
 'Yes I do!'  
 'It tastes so good'  
 'I need it'  
 'I can imagine it in my mouth'  
 'I can't control myself'  
 'I can't change'  
 'This is too hard'  
 'I want it'  
 'No I don't'  
 'I'd rather be healthy'  
 'I'd rather be thin'  
 'OK, but I'll start that tomorrow'  
 'No, today, right now, I want to keep the commitment to myself'  
 'I'd rather reach my goal'  
 'No, I'd rather stuff my face with those chips, that chocolate.'  
 'I'd rather weigh x, be size x'

**After a few rounds, reassess the craving to get the new intensity.****Set up another round, tapping on the karate chop point, say;**

'Even though I still have some of this Craving, I love, accept and forgive myself' repeat 3x

**Tap through the points using some of the phrases above.**

You can just keep tapping until it gets to a 3 or less.

**\*If it's stubborn, or not changing, repeat the *Secondary Gain Technique* from above**

**If it's continuing to go down, tap through the points, saying;**

'the rest of this craving'  
 'I'm going to let it go.'  
 'I really want to let it go.'  
 'I'd rather be healthy'  
 'I'd rather meet my goals'  
 'I'd rather be fit and slim'  
 'The part of me that wants it actually wants to feel good and this won't work'  
 'This won't get me what I want'  
 'I'm going to let it go.'  
 'Letting it go'  
 'Releasing any emotions around this issue'  
 'I'd rather let it go'.  
 'I want to let it go'  
 'I want to be healthy'  
 'No I don't'  
 'Yes I do'  
 'I want to feel better about myself'  
 'I want to look good in my clothes'  
 'I want better healthy'  
 'So I want to eliminate this Craving'  
 'I want keep my commitments to myself'  
 'I want to let it go'

**Just keep tapping!**

**Reassess the Craving. Once the intensity is a 3 or less, start to tap in some positives.**

'Even though a part of me wants (your craving food), a more powerful part of me is ready to let it go, and I love, accept and forgive myself'

**As you tap through the sequence, alternate negative and positive for the first round.**

'I choose to let it go'  
 'This craving'  
 'I choose to release this craving'  
 'This Craving'  
 'I'm just going to let it go'  
 'This Craving'  
 'I choose to eliminate this Craving completely'  
 'This Craving'  
 'I'd rather be true to myself'  
 'This Craving'  
 'Letting it go'

**Second Round, say all positive things.**

'Letting it go'  
 'I'd rather meet my goals'  
 'I'd rather feel good about myself'  
 'I choose to keep my commitment to myself'  
 'Just releasing it now'  
 'I don't need it now'  
 'Just letting it go'  
 'Being slim and healthy'  
 'Weighing x, being size x'

**Continue until the Craving is at a zero.**