

Meditation 2

**The Tapping Solution
Weight Loss & Body Confidence
7-Week Program**

-Meditation 2 Transcript-

All materials provided for The Tapping Solution Weight Loss & Body Confidence 7-Week Program are provided for informational or educational purposes only and are not intended to be, or serve as a substitute for, professional medical/psychological advice, dietary advice, examination, diagnosis or treatment. Always seek the advice of your nutritionist, physician or other qualified professional with any questions you may have regarding a medical or psychological condition. Never disregard professional nutritional advice or medical advice or delay in seeking it because of information you accessed on or through any portion of The Tapping Solution Weight Loss & Body Confidence 7-Week Program.

Meditation 2

Jessica: Welcome to the tapping meditation for week two of Tapping For Weight Loss and Body Confidence. This is Jessica Ortner. This short and powerful tapping process is meant to support you in preventing emotional overeating.

Emotional eating is done when we feel out of control. It's when food is used as a drug to suppress feelings or to help us feel good. It's a response to an emotion. This tapping will help you tap into your own power to feel in control, and reprogram your associations to healthy foods.

Let's begin by taking three deep breaths. Inhale through your nose, and exhale through your mouth. Inhale through your nose, and exhale through your mouth. One more time, inhale and exhale.

Begin on the karate chop point. Tap and repeat after me.

SH: Even though I feel out of control around certain foods,
I love and accept myself.

Even though I feel out of control around certain foods,
I love and accept myself.

Even though I feel out of control around certain foods,
I love and accept myself.

EB: I've been using food as a drug.

SE: I need it.

UE: It calms me down.

UN: It makes me feel so good.

CH: I know it's bad for me,

CB: But I need it to reward myself.

UA: I'm unwilling to let go of these unhealthy habits,

TH: But I want to.

EB: Part of me wants to stop.

SE: Part of me doesn't.

UE: I don't want to deprive myself.

UN: I've tried dieting before and I was miserable.

CH: I need this unhealthy food,

CB: Because I need a break.

UA: I need an escape.

Meditation 2

TH: I need this food.

EB: Food has been such a comfort.

SE: Food is always there for me.

UE: I'm not willing to let go of these unhealthy habits,

UN: But I want to.

CH: This inner battle around what to eat,

CB: I don't want to eat in a destructive way,

UA: But I don't want to deprive myself either.

TH: Maybe there's another way.

EB: Maybe I can still enjoy food.

SE: Maybe I can feel calm before I reach for food.

UE: Maybe there are other ways to reward myself.

UN: Maybe this is easier than I thought.

CH: I'm open to finding new ways to reward myself.

CB: I'm open to new ways to find comfort,

UA: A bath, a manicure or simply deep breaths.

TH: I take care of myself.

EB: I am in tune with my body.

SE: It's been under so much stress.

UE: These emotions and unhealthy foods are draining my body.

UN: Change begins now.

CH: I'm kind to my body.

CB: I choose foods that nourish my body.

UA: I find the pleasure in healthy foods.

TH: They feel good to my body and soul.

EB: I am in tune with what my body needs.

SE: I hydrate my body with pure cleansing water.

UE: I take deep breaths before I begin to eat.

UN: I am present and in control.

CH: I enjoy my food.

CB: I am in control.

UA: I know when I am full.

TH: I am in control.

EB: I long for foods that make my body feel good.

SE: This is exciting,

Meditation 2

- UE: And easier than I thought.
UN: I begin to incorporate healthy habits every day.
CH: This feels so good.
CB: I find the pleasure in healthy choices.
UA: I am in control.
TH: I nurture my body today with positive thoughts and nourishing foods.

Take a deep breath in, exhale. As you go about your day continue to nourish your body and your soul with those positive thoughts, those healthy foods and that hydrating water. Make taking care of yourself a fun and pleasurable experience.