

## **EFT FOR WEIGHT LOSS**

1. How long have you been overeating?
2. Who else in your family is overweight?
3. What happened the last time you reached your goal weight?
4. What emotions are you trying to tranquilize or avoid with food/ stuffing down emotions? -
5. What loss/emptiness are you trying to fill with extra food? -
6. What would you focus on if you didn't obsess about food anymore?
7. How would you spend your time if you didn't eat compulsively anymore?
8. What is the downside of losing weight?
9. What is the upside of remaining overweight?

### LOOK FOR AND TREAT THE FOLLOWING EMOTIONAL THEMES

1. Deprivation: "Even though I feel deeply deprived and I'm insatiable with food."
2. Abandonment: "Even though I feel hurt about being abandoned."
3. Loss: "Even though I feel an indescribable loss inside."
4. Loneliness/ Emptiness: "Even though I feel completely empty inside."
5. Anxiety: "Even though I can't stop feeling anxious/ can't control my anxiety."
6. Guilt: "Even though I suffer from too much guilt." "I feel guilty because I get angry with the kids for making mess/taking so much of my time/wanting to spend more time alone with my husband."
7. Fear: "Even though I feel profoundly afraid."
8. Anger: "Even though I can't stop feeling angry." "even though I feel angry/frustrated because the house is a mess."

### ADDRESS PRIMARY PSYCHOLOGICAL REVERSALS.

1. "Even if I never get over my weight problem, I deeply and completely accept myself."
2. "Even though I don't deserve/ I'm not worthy of reaching my goal weight, I."
3. "Even though it's not safe for me to reach my goal weight." (e.g To much attention, things may be expected of you that are not when overweight.)
4. "Even though it's not safe for others when I lose weight." (e.g will heighten others feeling of failure with your success.)
5. "Even though I know I'll feel deprived if I get over this problem, I deeply."
6. "Even though I'm afraid to let go of this problem." (e.g I will have to face other issues more seen are scarier.)

### IDENTIFY AND TREAT LIMITING BELIEFS THAT BLOCK SUCCESS

1. "Even though I don't believe I can reach my goal."
2. "Even though no one in my family is thin."
3. "Even though I don't trust myself to keep the weight off."
4. "Even though I'm never successful/ haven't been successful in the past."
5. "Even though I'm overweight because of my metabolism."
6. "Even though I know it's dangerous to be successful."
7. "Even though I don't believe I can change."
8. "Even though no one will notice even if I lose the weight."
9. "Even though I'm afraid I will still be unhappy if I lose the weight."

10. "Even though I can't give up my security."
11. "Even though no one in my family has ever kept the weight off."
12. "Even though I'm convinced I will regain the weight again."
13. "Even though everyone'll expect more of me if I conquer my weight problem."
14. "Even though I don't deserve to be happy/ successful/ thin."
15. "Even though I'm afraid of success."
16. "Even though I believe I am insatiable."
17. "Even though I don't believe diets work."
18. "Even though I know I inherited this body type/ shape."
19. "Even though I believe I was meant to look/ be this way."
20. "Even though I was told I would be overweight as an adult."
21. "Even though I don't feel comfortable in losing the weight again..."
22. "Even though I don't feel comfortable leaving my comfort zone..."

## THE PRESENT

1. Ask client to identify food cravings that trigger compulsive overeating.
  - "Even though I am a sugar addict."
  - "Even though I crave desserts after meals."
  - "Even though I can't stay away from chocolate."
  - "Even though I'm obsessed with crisps."
  - "Even though I can't stop eating even when I'm full."
  - "Even though I have constant cravings."
  - "Even though I eat when I'm bored/ lonely/ angry."
2. Ask client to identify problem times of the day that trigger overeating.
  - "Even though I overeat every afternoon."
  - "Even though I overeat when I am alone."
  - "Even though I can't stop eating late at night."
  - "Even though I binge in the afternoons."
  - "Even though I have an enormous appetite."
  - "Even though I stuff myself in the car."
3. How do you feel when you see food?
  - "Even though I can't stop thinking about food after I see it."
  - "Even though the sight of food makes me salivate."
4. How do you feel when you smell food?
  - "Even though I absolutely must eat after I smell food."
  - "Even though I salivate every time I smell food, even if I'm not hungry."
5. How often do you think/ obsess about food?
  - "Even though I'm obsessed with food."
  - "Even though I think about food all day long."
  - "Even though thinking about food makes me feel happy."
6. Imagine yourself at your goal weight, using all your senses.
  - "Even though I don't feel comfortable weighing less."
  - "Even though I'm afraid of peoples' reactions."
  - "Even though I don't feel like myself when I'm thin."
  - "Even though I'd rather have my protection cause I feel too exposed."
7. Are you aware of how you feel in your body and mind when you overeat?
  - "Even though I dissociate when I eat."
  - "Even though I'm totally disconnected from my feelings when I'm bingeing."
8. How do you feel about yourself being overweight?
  - "Even though I'm ashamed of myself for being overweight."
  - "Even though everyone looks at me because I'm fat."
  - "Even though I'm embarrassed about my body."
9. How would you feel if someone took away your favourite foods?
  - "Even though I feel angry when I am deprived."
  - "Even though I feel panicky when I can't eat what I want."
  - "Even though I feel afraid when I don't have enough food around."
10. Picture your dinner plate with small portions. how do you feel?
  - "Even though I feel anxious with small portions."

"Even though I don't feel safe unless there's a ton of food on my plate."  
"Even though I hate feeling empty and I'm afraid to feel hungry."

### THE PAST

1. What events from the past make you feel anxious/ guilty/ ashamed?  
"Even though I feel guilty about what happened when I was 14."  
"Even though my mother's words made me feel ashamed and worthless."  
"Even though I can't forgive my third grade teacher."  
"Even though I still feel inadequate when I think of him."  
"Even though I still suffer from low self-esteem and blame it on my father."  
(Use treatment point on index finger and tap for forgiveness of self and other)
2. What traumas from the past are you numbing with overeating? (Split into aspects and treat)  
"Even though the memory of the car accident makes me anxious."  
"Even though my parents' divorce left me fearful and self-hating."  
"Even though the childhood abuse makes me feel worthless/ less than."
3. When were you given food to comfort you as a child?  
"Even though my mother let me eat more cookies whenever I cried."  
"Even though my grandmother always overfed me to keep me quiet."
4. When did you first overeat/ What feelings were you trying to cover up?  
"Even though I remember being comforted by food after we moved."  
"Even though I turned to food after my brother died."
5. When did you first use/ abuse food as a mood altering substance?  
"Even though I used food as entertainment."  
"Even though I used food as security."  
"Even though I overate to distract myself from the pain of my mother's death."  
"Even though I overate to avoid doing homework."
6. What did your family say the last time you lost weight?  
"Even though my mother criticized me when I lost the weight."  
"Even though my father wouldn't stop talking about it when I lost weight."
7. What did your friends say the last time you reached your goal weight?  
"Even though I don't want to be noticed by men, women, anyone."
8. What losses in the past did you eat over?  
"Even though I've been overeating since my boyfriend dumped me."  
"Even though I have used food to numb my grief since I was 10."  
"Even though I eat so I don't have to feel depressed inside."  
"Even though I still eat because of the rejection I felt."

### THE FUTURE

1. Picture yourself in the future at your goal weight. how do you feel?
2. Imagine yourself feeling anxious at a business meeting and not being able to eat.  
Tap for anxiety or discomfort.
3. Imagine yourself at a family gathering and not overeating. Tap for anxiety.
4. Repeat the following statements and treat with EFT if they do not feel true:  
(Use alternate phrasing technique)  
"I feel safe and secure at my goal weight."  
"I feel happy about my success."  
"I feel confident I can maintain my weight loss."  
"I enjoy the attention for my accomplishment."  
"I am proud of reaching my goal."  
"I feel peaceful in my new, thin body."
5. What other future situations might trigger the urge to overeat?  
"Even though I know I'll eat when I approach my goal."
6. What other upsides are there to staying overweight?  
"Even though staying heavy reduces the pressure on me."  
"Even though I don't have to restrict myself."

7. What other downsides are there to reaching and maintaining your goal weight?

"Even though I need the distraction of overeating and hating myself."

"Even though I'm afraid of disappointing myself if I regain the weight."

8. Who will be angry at you if you are successful?

"Even though my friend will resent my success."

9. Who will be jealous of your success?

"Even though my neighbour will be mean to me if I weigh less than."

10. What would your siblings say?

"Even though my sister will resent my success if I reach my goal."

"Even though my brother will still tease me if I lose weight."

"Even though my family will (continue to) ignore me even if I lose weight."

11. Who might feel betrayed if you lose weight?

"Even though my mother will think I'm disloyal if I lose weight."

"Even though my friends will hate me if I get thin."

12. What other negative consequences will occur if you lose weight?

"Even though I can't afford new clothes."

"Even though I don't want to feel the pressure of keeping the weight off."

"Even though I won't be able to hide behind the extra pounds anymore."

"Even though I resent having to maintain control."

### SELF-IMAGE

1. You can do anything you put your mind to. Where is your mind at?

2. Your subconscious mind will do everything possible to fulfill your self-image.

3. Reality will always match your self-image. Change image, change external form.

4. See it, hear it, feel it, know it, and sense it in order to achieve it.

5. What you see is what you get. You magnetize what you vibrate.

6. Work on eliminating negative idea's by using EFT to clear blocks to positive self-image.

"Even though I have a negative body image I deeply and completely accept myself."

"Even though I'm afraid to see myself as thin."

"Even though I can't stop picturing myself as fat."

"Even though I still feel hurt by being teased in school for being overweight."

"Even though I'm having difficulty seeing myself at my goal weight..."

"Even though I still crave carbs/sugar/grains etc I deeply....."

"Even though this weight loss is going to slowly I deeply...."

"Even though I seem to be at a plateau, I deeply...."

"Even though I resist exercising, I deeply....."

"Even though my body doesn't want to let go of this weight, I deeply...."

"Even though I'm frustrated at this need to lose weight, I deeply...."

"Even though I need to eat to be able to relax after work' I deeply...."

"Even though I put pressure on myself to be perfect.....!"

"Even though I'm not perfect but want to be.....!"

"Even though I wish I could accept myself as not perfect....!"

"Even though I hate fat people because they are not perfect....!"

"Even though I'm afraid I'll gain the weight back like before.....!"

"Even though (no matter what) it is going to be a struggle to keep the weight off.....!"

"Even though I will always have to be on guard or else I'll put the weight back on.....!"

"I deeply and completely accept myself even if I never lose this weight."

### Using EFT for positive Choices.

1. I choose to feel relaxed about my body."

2. I choose to feel at peace about my weight loss."

3. I choose to feel safe about my weight loss and success."

4. I choose to feel safe about getting thinner."

## END-RESULT IMAGERY

"And if the imagination is vivid enough and detailed enough, your imagination practice is equivalent to an actual experience, insofar as your nervous system is concerned. Your nervous system can not tell the difference between an imagined experience and a "real" experience. In either case, it reacts automatically to information which you give it from your forebrain. your nervous system reacts appropriately to what you think or imagine to be true."

1. Choose successful ending. Describe your goal.
2. Pretend/ Imagine you can see yourself having accomplished your goal.
  - (a) See yourself from afar, as if in a mirror, and
  - (b) see your world from inside you.
3. Imagine hearing 2 important people in your life acknowledging your reaching your goal, congratulating you, and responding to the news of your success.
4. Imagine/ Access how your body feels physically now that you reached your goal.
5. Imagine/ Access how you feel emotionally now that you weigh your goal weight.
6. What aromas do you associate with your success? "Smell" them now.
7. What tastes do you associate with reaching your goal? "Taste" them now.
8. Put the entire picture together 3x/day to build neurology, expectations & energy.

## AFFIRMATIONS/ VIBRATIONS

1. Affirm the real want not the don't want. (Use entirely positive language)
2. Your goal must be achievable and realistic.
3. Affirmations must be stated in the present tense.
4. Add as much emotion as you can to your affirmation: you will attract goal.
  - a. Music: sing your affirmations.
  - b. Physical sensation: use fun, fluid body movements (skip or dance).
  - c. Write affirmations every day: write 5 - 10 of each.

EG. I am 11 stone and happy with my weight, my body and my life.

**EFT Training UK. Karl Dawson. 14 High Street. Studley. Warwickshire. B80 7HJ.  
Telephone: 0044 (0)1527 857866 - Mobile: 07986 391652**

Website: [www.eftrainingcourses.net](http://www.eftrainingcourses.net)