



EFT on Cravings Exercise

1. Choose your substance – for example: chocolate, cigarette, bread etc
2. Concentrate on the craving – whereabouts in your body do you feel it?
3. Rate the intensity 0 – 10 right now?
4. Begin with Set Up Statement tapping on the Karate Chop Point or Sore Spot:

Even though I have this (chocolate) craving, I deeply and *completely love and accept myself.. x3*
5. Continue tapping the Short Cut points using reminder phrase :
6. This (chocolate) craving
7. Vary the reminder phrase to add impact. For example:
This awful craving in my chest
8. Check in and rate the intensity 0 – 10 after 1 or 2 rounds

9. What's happening now? – notice any thoughts, feelings, body sensations or memories, change your phrasing to suit and continue tapping to clear.