



## Weight Loss

Jane was in her mid 30s and had been on a constant diet since her early teens. Despite her best efforts she never succeeded in keeping the weight off and now was carrying over 10 kg (22 lbs) of excess weight.

She went to the gym regularly and was a non- drinker. She felt defeated and desperate. Having read about tapping she decided to give it a go, although she was deeply cynical.

What did she do?

Jane began by exploring what foods she craved most. She asked herself: 'If I could never eat one food type again what would I miss the most?' The answer was pasta. The thought of never enjoying a bowl of spaghetti again made her feel surprisingly tearful so she began tapping right there using Set - Up Statements such as these:

Even though I have to have pasta, I deeply and completely love and accept myself.

Even though I feel sad without pasta, I deeply and completely love and accept myself.

Even though I feel sad at that thought, I deeply and completely love and accept myself.

Then she continued tapping the points using Reminder Phrases such as:

Pasta sadness

Have to have sadness

Missing pasta sadness

I need pasta

The intensity of the sadness quickly reduced and in its place a memory popped up of her mother cooking Jane's favourite pasta dish on a winter's night, and all the family sitting around the table tucking in and having fun making a mess with the pasta. The memory made her feel safe and warm, and she could feel that warmth in her tummy.

As this was a positive feeling for Jane she fired her Heart Anchor points. Now she was able to bring about those feelings of safety and warmth without the need to overeat pasta. She found this fascinating and very empowering. For the first time she had a practical alternative to overeating to help her access these positive states.

Jane continued to tap a few rounds about her emotional response to pasta, and what it represented for her, and was able to reduce her craving for carbohydrates in general surprisingly quickly. This did not result in her never eating pasta again, merely allowed her the freedom of choice.

She used the statement below:

Even though pasta represents fun and security to me, I deeply and completely love and accept myself.

Then she continued tapping the points using Reminder Phrases such as:

Pasta emotions

Pasta safety

Fear of losing those pasta feelings

Fear of being deprived of pasta

Pasta memory

Everything pasta means to me

She continued with:

Even though pasta makes me feel safe and warm inside, I deeply and completely love and accept myself.

And she continued tapping the points using Reminder Phrases such as:

Needing warmth

Fear of feeling unsafe

Fear of losing that warmth

Fear of losing my comforter

When Jane really understood the emotional contributors that surrounded her relationship with food, and how, by using tapping, she could become her own detective and achieve lasting change, she felt both excited and empowered. She set about creating her personal programme of change.

She began by exploring other food cravings in the same way as she had done with the pasta, asking herself questions such as:

How would I feel if I didn't overeat X?

What does X remind me of?

How do I feel in my body when I think of losing X?

What does it mean to me?

As she worked through one food stuff per day she noticed that she was eating more healthily without having to think about it at all, and she had lost a couple of kilograms effortlessly.

Then she turned her attention to the memories she had that involved food, such as family mealtimes, restaurants and treats. She realized that whenever she felt upset about anything, her mother's way of dealing with it was to give her something sweet to eat to 'raise her blood sugar levels'. She never actually listened to whatever the problem was, and Jane was taking over her mother's mantle when it came to her own emotional wellbeing. She had learnt the pattern so well from her mother that she had been totally unaware of it, and indeed that emotions were the reason she was reaching for the food. It was an automatic conditioned response. So she tapped around the various aspects that arose when she recognized what she had been doing.

Even though I am using sugar to avoid my feelings, I deeply and completely love and accept myself.

Even though my Mum taught me this and I learned well, I deeply and completely love and accept myself.

Even though I need sugar to feel better, I deeply and completely love and accept myself.

Then she continued tapping the points using Reminder Phrases such as:

I need sugar to feel better

My mum taught me that

Sugar makes everything better for me

I have to have sugar to stop feeling

It is all my Mum's fault

She wanted me to feel better!

I need sugar to squash my feelings

Maybe

Maybe not!

Whenever Jane felt a craving coming on she would tap to reduce it and then fire her Heart Anchor. In this way, she did not experience the intense feelings of loss and deprivation she used to feel when she dieted. By using the Heart Anchor in this way she was able to 'fill herself up' with positive feelings and she noticed that her physiology changed at the same time; she no longer felt empty inside.

Then Jane decided to address the issue of losing weight many times but always putting the weight back on – and more. When she revisited the times when she had been her ideal weight she realized there was a common thread, namely that people treated her differently, specifically men. She came in for much more attention and sexual advances and her. She wanted these men to love her regardless of her shape and looks and all the attention to her body made her very nervous.

She was discovering a huge internal conflict that needed resolving. So she went back to all the times when she had been 'hit' on by men, when she had done things she regretted because she didn't know how to get out of particular situations, when her sexuality had scared her.

When she had cleared this bank of memories and it felt safe to be slim and sexual she realized that she needed to learn some new skills too, specifically how to say no and how to recognize when something didn't feel right to her. She decided to model the behaviour of one of her friends who had very clear boundaries with men and who seemed to be attracting the sort of relationships Jane aspired to. She spoke to her, went out with her, and literally studied how she dealt with over-zealous advances, or pushy men.

Once Jane had cleared those past memories, taken the learnings from them that were useful to her and educated herself in new skill sets she was able to go out and meet guys with a new sense of self worth and having established her own personal boundaries.

After a few weeks of really focused tapping, persevering even when the temptation to overeat resurfaced, and noticing what triggered that temptation, Jane not only reached her goal weight but she managed to take charge of her eating habits and make her diet more healthy. She was still able to eat her favourite foods, but from a place of control and moderation – and the reality was that she did not want them in the same way anyway, as their purpose had changed. She found that she was naturally drawn to the healthier food groups. She also had much more energy and general joie de vivre!

Emma Roberts (abridged from Step by Step

Tapping <http://www.amazon.co.uk/gp/product/185675328X/>)

Join Sue and Emma for their EFT for Weight Loss & Body Image Workshop in London on Sunday 10th May. Full details can be found at [http://www.theeftcentre.com/weightloss\\_selfimage](http://www.theeftcentre.com/weightloss_selfimage). Early bird offer available until 31st March.

