

EFT Tapping for Motivation and Emotional Eating

This guided EFT tapping session is here to help you reset when you're feeling unmotivated to move or caught in emotional eating patterns. EFT (Emotional Freedom Technique) is a simple, evidence-based tool that combines gentle tapping on acupressure points with affirmations to calm the nervous system, reduce stress, and shift unhelpful patterns - fast! Follow along with the script below as I guide you through two powerful scripts to bring more ease into your day 🧡

🧡 1. Tapping for Movement Motivation

For those “I can't be bothered” days when your body feels tired or your mind feels heavy...

Start with the setup statement on the Karate Chop point (side of the hand):

“Even though I don't feel like moving today, I deeply accept myself and my energy. Even though my body feels tired or heavy, I know I can still honour it with something gentle.

I choose to show up in a way that feels light, doable, and kind.”

Then gently tap through the points below, repeating these positive statements:

- **Eyebrow:** It's safe to go at my pace.
- **Side of Eye:** I feel better when I move—even just a little.
- **Under Eye:** I release the pressure to be perfect.
- **Under Nose:** I honour how I feel.
- **Chin:** I choose movement that feels good.
- **Collarbone:** I am proud of every small step.
- **Under Arm:** I show up for myself with kindness.
- **Top of Head:** I've got this—I choose ease.

2. Tapping for Emotional Eating or Cravings

Perfect when you're standing at the fridge, not hungry but looking for *something*...

Start with the setup statement on the Karate Chop point:

“Even though I’m reaching for food and I know it’s not really about hunger, I accept myself completely.

Even though I want [insert food], I’m open to meeting my needs in a new way. I’m learning to pause and ask what I really need.”

Then tap through the points:

- **Eyebrow:** I acknowledge this craving without judgment.
- **Side of Eye:** I can take a breath before I react.
- **Under Eye:** I choose to be kind to myself.
- **Under Nose:** It’s safe to slow down.
- **Chin:** I can enjoy food without guilt.
- **Collarbone:** I nourish my body with love and care.
- **Under Arm:** I am allowed to feel and reset.
- **Top of Head:** I trust my body to guide me well.

Use this anytime you feel out of rhythm - it only takes a few minutes and can create a powerful shift 🌀

TIP: There is no right or wrong way to do this, it is simply about tapping on those 8 pressure points and repeating the words - even repeating it several times on those more chaotic/emotional days until it feels good.