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TAPPING FOR WEIGHT LOSS

Side of the hand:

Even though I judge how I look and I'm angry at myself ~ I accept how I feel and who I am

Even though I can't stand to see myself in the mirror, I feel so angry ~ I honor how I feel and accept who I am

Even though I don't like my body and I'm angry that it's come to this ~ I accept who I am and honor how I feel

EB: All t his anger

SE: So much anger at how my body looks

UE: I feel it in my stomach

UN: I feel it every time I see a picture of myself

CP: All this anger

CB: It feels hopeless

UA: This anger in me

WW: I wonder if it's possible to let it go

TH: It doesn't feel possible



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EB: But, I'm open to the possibility I can let this anger go

SE: and choose to accept myself as I am right now

UE: I need this anger to keep me on track

UN: No, I don't, I can chose differently

CP: I choose to accept myself as I am right now

CB: It's safe to let the anger go

UA: This anger at my body

WW: Letting it go

TH: I've been so hard on my body

EB: My body deserves better than this

SE: I wasn't aware of the damage I was doing

UE: I choose to love you now, just as you are

UN: I appreciate all that you do to support me

CP: I'm so grateful and promise to treat you in love & kindness

CB: Loving you now ~ just as you are

UA: I'm so grateful for this awareness

WW: I choose to speak only kind words to you from now on

TH: Accepting all that I am right no