# Tap Before You Eat

**When you are physically hungry, before you eat anything, have your plate of food in front of you and tap the following. Remember to eat slowly and really enjoy each mouthful.**

**Repeat 'I feel stressed and anxious about eating this food' and feel the intensity, give it a number 0 being no intensity and 10 being highest. Then tap the following really tuning into the feeling.**

KC - Even though I feel so anxious about eating this food, I accept myself

KC - Even though I have deprived myself so much in the past, I am okay

KC - Even though I feel so anxious, I accept myself.

TH - I feel so anxious about eating this food

EB - All this stress around food

SE - What should I be eating

UE - I am so stressed out about food

UN - I just need to eat this food so quickly

CH - I have to finish everything on my plate

CB - I can't stop eating until my plate is clean

UA - This fear of being wasteful if I throw food away

TH - I was always taught to eat all my dinner

EB - And now I find it hard to leave anything on my plate

SE - I choose to eat slowly and take a deep breath in between each mouthful

UE - I am learning to listen to my stomach

UN - I am finding it easy to notice when my hunger has gone

CH - And feeling more satisfied with less food

CB - It is okay to throw food away

UA - It feels strange eating so slowly, but I am enjoying my food so much more!

**Now repeat the statement 'I feel anxious about eating this food' and notice if the intensity has gone down. Just see what number comes to mind and then tap again until it gets down to 1 or 0. Remember you can come back to this another day.**