

## Self-diagnostic Sheet

### 1. How would you describe your problem with food?

- I'm a food addict, I'm obsessed with food
- I crave sweets at night
- I have an enormous appetite
- I need to reward myself with food
- I have an urge to eat whenever I smell or see food
- I don't have a problem with food, I don't overeat, but I gain weight all the same
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Have you noticed how you feel when you indulge in emotional eating?

- I eat when I'm bored / angry / lonely
- I overeat to hurt / punish myself
- I eat to avoid my feelings / to avoid thinking / to stuff the emotion down
- I binge because I think I'm worthless / because I don't love myself
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 3. How do you feel about your eating patterns?

- I hate myself / I'm mad at myself for overeating / for having to lose weight
- I feel guilty when I binge
- I feel shame about being overweight
- It's not my fault, it's my metabolism
- I feel out of control, I feel powerless over food
- I feel deprived all the time because I'm constantly avoiding certain foods
- I'm frustrated because the weight loss is too slow / not working

- I think it's unfair I can't eat like others
- I feel despair because I tried everything under the sun and nothing worked
- I'm discouraged: I don't think I'll ever have a healthy relationship with food
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**4. How was your family's attitude around food? How was the atmosphere at the the dinner table?**

- I'm anxious when I sit down to eat because of what my father/mother said/did to me
- I associate food with fighting
- I associate food with my mother's love
- I feel unsafe without food, it was my security blanket
- I'm overweight because I followed my parents' example
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**5. Write down the sharpest criticism(s) you remember around your food choice / eating habits:**

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**6. Write down the sharpest criticism(s) you remember around your body image:**

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**7. What happened the last time you were at your ideal weight?**

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**8. Picture yourself not being able to eat your favorite food when you need it. How do you feel?**

Anxious

Angry / Irritable

Lonely

\_\_\_\_\_

**9. Picture yourself as thin as you'd like. What happens. How do you feel?**

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**10. Picture yourself addressing the underlying feelings that trigger the eating behavior. How do you feel?**

Resistant / Reluctant

Afraid to face my childhood problems

Unsafe

\_\_\_\_\_

**11. Is there a secondary gain to overeating / to being overweight?**

If I were thin, I would have to date / I would be seducing and that doesn't feel safe

If I were thin, overweight people would resent me

If I lose the weight, I'd have to excel at what I want to do

If I lose the weight, I would have to \_\_\_\_\_  
and that's a problem for me

## Healing Protocol

### Procedure Summary:

1. Rate your issue.
2. Do the Set Up with the Sore Spot or the Karate Chop Point:  
“Even though I have this problem, I deeply and completely accept myself”  
“Even though I have this problem, I’m open to loving myself one day”  
“Even though I have this problem, I forgive myself anyway”
3. Tap on the face and chest point if possible or on the finger points if you’re in a public setting.
4. Rate your issue.
  - If it has not changed, go back and start from the Set Up again.
  - If a different aspect (a new emotion, idea, thought) has come up, start from the Set Up again but with a different sentence.
  - If it has diminished, tap on the *remaining* problem
  - And if it’s gone, you’re good to go.

### 1. Tap on the cravings when they occur

“Even though I crave a cookie right now, I deeply and completely accept myself.”  
“Even though I badly need my sugar boost, I accept myself anyway.”

### 2. Tap on the negative emotions when they occur

Whether you think that a strong negative emotion is going to result in an urge to binge, it’s always a good idea to tap on it. Who doesn’t want to feel better anyway? It can be about an event that just happened OR it can be about an event that you know is going to take place in the future but about which you have anxiety now.

“Even though I’m angry at my mom for not listening to me, I deeply and completely accept myself.”

“Even though my boss makes me feel inadequate, I forgive myself for feeling this way.”

“Even though I don’t feel safe when I think of spending Thanksgiving with my family and I’m afraid I’m going to overeat, I accept myself completely.”

Don’t forget to be as specific as possible when stating your problem. The examples above are broad on purpose so that everybody can relate, but try to focus about what aspect(s) upset you the most about your last conversation with your mom or the upcoming family reunion.

### 3. Tap your baggage away

Use your self-diagnostic sheet to tap 5 minutes every morning and evening – ideally in the bathroom after brushing your teeth. Take the sentences that resonate with you and tap on them until they don’t bother you anymore.

#### **4. Tap on the positive**

During your five minutes in the bathroom, and after having addressed some of your long-term problems until you don't feel bad about them anymore, you're welcome to tap on the positive. That always makes me feel extra good.

Use the following sentences as your set-up sentences. The italicized part can be used as the reminder phrase on each tapping point:

"Even though I've had problems with overeating so far, *I choose to feel in control of myself and my eating.*"

"Even though I've been overweight, *I choose to reach my weigh goal happily and easily.*"

"Even though I've felt guilty after eating sweets, *I choose to feel good about myself and proud of my healthy relationship with food.*"

"Even though I don't love my body yet, *I choose to develop self-acceptance and to enjoy being me.*"

"Even though I've felt so deprived, *I choose to enjoy food more than ever.*"

#### **5. In-depth healing with the Personal Peace Procedure**

Gary Craig defines the Personal Peace Procedure(or PPP) as: "In essence, the Personal Peace Procedure involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically EFT'ing their impacts out of existence. By diligently doing this we can pull out every negative tree from our emotional forests and thus eliminate major causes of our emotional and physical ailments. This, of course, propels each individual toward personal peace which, in turn, contributes mightily toward world peace."

This last project is a lot easier when you're accountable to someone, like an EFT buddy or a therapist. If you feel overwhelmed at the idea of making this list and tapping on it, then that's where you can start:

"Even though I feel overwhelmed at the idea of tapping on all those negative events in my past, I deeply and completely accept myself."

And see where that leads you...

For more info on the PPP, go to:

<http://www.emofree.com/tutorial/tutormthirteen.htm>

#### **Resources:**

I cannot say it enough, the official EFT website is a treasure trove of free information. Whether it's the free EFT manual, the tutorials, the free videos to which you can tap along, the archived newsletters, all the testimonials from practitioners and amateurs alike, [www.emofree.com](http://www.emofree.com) is THE first place to go to.

And of course my website, on which you can download this document for free:

[www.eftwithlucie.com](http://www.eftwithlucie.com)

## EFT Cheat Sheet

1. Find the sore spot on your chest: it can move from one person to another, from one side of the body to another, and from day to day. If you can't find it, use the karate chop point.
2. While rubbing, repeat the set-up sentence 3 times:  
"Even though I have this problem, I deeply and completely love and accept myself."
3. Tap with two fingers between 5 to 9 times on each point from top to bottom. Tap firmly but gently, don't hurt yourself. And focus on the problem at hand while tapping by repeating the reminder phrase "This problem."

