



Emotional Eating Blueprint

Let's connect with how you feel about your emotional eating. Emotional eating is a form of self sabotage. This includes snacking, eating large portions, comfort eating, stress eating, secret eating and binges. Really focus on which is the most problematic for you.

Do you feel like you have no control around food? Do you feel ashamed? Do you feel disappointed in yourself?

I know connecting with these feelings is very uncomfortable, but we need to do this to re-wire our brain.

Now rate how intense your feelings are on a scale of 0-10. The more you can connect with your feelings, the more effective this process will be.

Set Up Statement

Now we tap on the karate chop point and say this statement 3 times.

Even though I have no self control around food. I think about food all the time. I'm just so greedy, I can't stop myself. I'm always wanting more and more food. I really wish I could stop, but I just don't have enough willpower and discipline. Once I start eating, I just can't stop. I eat when I'm not hungry. I hate that I do this, I just wish I could eat like a normal person....but I love and accept how I feel.





FREEDOM PROGRAM

worksheet



Even though I have no self control around food. I think about food all the time. I'm just so greedy, I can't stop myself. I'm always wanting more and more food. I really wish I could stop, but I just don't have enough willpower and discipline. Once I start eating, I just can't stop. I eat when I'm not hungry. I hate that I do this, I just wish I could eat like a normal person....but I love and accept how I feel.

Even though I have no self control around food. I think about food all the time. I'm just so greedy, I can't stop myself. I'm always wanting more and more food. I really wish I could stop, but I just don't have enough willpower and discipline. Once I start eating, I just can't stop. I eat when I'm not hungry. I hate that I do this, I just wish I could eat like a normal person....but I love and accept how I feel.

Part 1

Eyebrow: I love food.

Side of Eye: But food doesn't love me.

Under Eye: I just wish I could eat like a normal person.

Under Nose: Eat when I'm hungry, stop when I'm full and make healthy choices.

Chin: But I have no self-control around food. I'm just so greedy.

Collarbone: I think about food all the time, and thinking about what and when I'll next eat.

Under Arm: Once I start eating, I can't stop.





FREEDOM PROGRAM

worksheet



Top of Head: I want to change, but I've tried so hard in the past, and nothing has ever worked in the longer term. Maybe I'm destined to eat like this and to be big for the rest of my life. Why do I even bother trying?

Eyebrow: Food tastes soooo good, I can't stop eating in the moment, even though I'll resent myself later.

Side of Eye: I love the taste of food. I know there are 'healthier' options, but I'm not interested in them.

Under Eye: I just want to keep having this taste because it makes me feel so good.

Under Nose: I get excited thinking about eating.

Chin: I look forward to it, and it's exciting just thinking about it.

Collarbone: And also it's exciting coming home with all of this food from the shops, knowing I'm going to eat it.

Under Arm: It's the only excitement that I have in my life. Nothing will ever bring as much excitement and pleasure as food does.

Top of Head: And I don't want to give this up.

Eyebrow: If I stopped emotionally eating, I would be so bored.

Side of Eye: Eating fills in time.

Under Eye: It gives me something to do.

Under Nose: I eat to fill up the space.

Chin: Eating fills this void within me.

Collarbone: I'd feel empty if I didn't eat. I hate feeling empty.

Under Arm: I eat to distract myself, so I don't have to deal with what's really bothering me. I eat to procrastinate.

Top of Head: I'd rather keep eating than deal with what's really going on.





FREEDOM PROGRAM

worksheet



Eyebrow: How will I manage my stress and anxiety if I can no longer use food?

Side of Eye: When I'm eating I can relax. I feel guilty when I do nothing. At least eating means I've got something to do.

Under Eye: If I'm eating I can numb out.

Under Nose: My brain turns off and I can relax.

Chin: Once I eat something bad, I'm bad for the rest of the day.

Collarbone: I'm either in control or out of control with food.

Under Arm: Most of the time I feel out of control around food.

Top of Head: Once I eat something bad, it's a free for all and I can't stop eating.

Eyebrow: I hate the feeling of being hungry.

Side of Eye: If I'm hungry, I hate waiting to eat. I'm so impatient and I need something to eat immediately.

Under Eye: I'm really scared of being hungry.

Under Nose: Being hungry means that I'm deprived all of the time, and I don't think I can handle that.

Chin: Being hungry takes me back to feelings in my childhood, and that's really painful.

Collarbone: I like feeling full. I can't bear to be hungry. Feeling hungry feels like an emptiness.

Under Arm: A big meal is a sign of 'being looked after' and 'loved'.

Top of Head: I'd miss the feeling of being stuffed if I don't overeat. It's how I used to feel on special occasions and family celebrations. I don't want to give this up.





FREEDOM PROGRAM

worksheet



Eyebrow: I hate wasting food. Think of all those starving kids in Africa? I can't throw out food. I'd feel too guilty to waste this perfectly good food.

Side of Eye: I also don't want to waste something yummy.

Under Eye: There's no way I can throw something delicious and yummy in the bin.

Under Nose: Especially if I've put a lot of effort into making it.

Chin: I'd rather just have another serving, than throw it out and waste it.

Collarbone: I paid good money for it. I'd rather eat it than waste it.

Under Arm: My parents told me to finish everything on my plate.

Top of Head: I can't seem to stop doing that. It's been ingrained in me for so long.

Eyebrow: I always eat in secret when I'm alone.

Side of Eye: When I'm alone I can eat as much as I like.

Under Eye: No one will know. No one will judge me and tell me off.

Under Nose: When I'm alone there's only a small opportunity to eat that will be gone later.

Chin: I need to fill up with food whilst I can.

Collarbone: I don't want to give all of this up.

Under Arm: I get excited thinking about what I'll eat when I'm alone.

Top of Head: Because it's a big secret, and no one knows.

Eyebrow: Eating is a treat and a reward for me. **Side of Eye:** These special foods were limited and restricted when I was growing up. **Under Eye:** And now I just can't just stop myself from eating 1 or 2...I need to keep eating until it's all gone.



FREEDOM PROGRAM

worksheet



Under Nose: If there's a packet there, I can't stop until it's finished.

Chin: I wish I could stop at just 1 or 2, like other people, but I can't.

Collarbone: It's like I can't miss out.

Under Arm: I deserve this treat.

Top of Head: I don't want to deprive myself and I don't want to miss out.

Eyebrow: I know that I may be emotionally eating to hurt and punish myself.

Side of Eye: I may be emotionally eating to say stuff you to dieting, or stuff you to mum or another authority figure.

Under Eye: I might be emotionally eating to rebel.

Under Nose: I hate myself for emotionally eating. I feel so much guilt and shame when I overeat.

Chin: I don't deserve to have what I want. I know I'm using food and my weight to punish myself because I don't deserve more.

Collarbone: I wish I could stop myself in the moment and have more self control.

Under Arm: But I can't, maybe I don't want to.

Top of Head: I really want to change, but I can't seem to stop myself in the moment. I'm in conflict, part of me wants to give it up, the other part doesn't want to let it go.

For the next 2 days, focus on part 1 and part 2.





FREEDOM PROGRAM

worksheet



Part 2

Eyebrow: I'm starting to see that food doesn't need to have the power over me.

Side of Eye: I'm starting to see there's another way.

Under Eye: I don't need to keep this emotional eating destructive cycle going.

Under Nose: I can see that I can break it.

Chin: And start to free myself around food and take my power back.

Collarbone: That would feel so good.

Under Arm: I'm starting to believe that I am ready for change.

Top of Head: And I can do this.

Eyebrow: I don't have to overeat when I'm bored or anxious or lonely.

Side of Eye: There might be some internal discomfort that might come up when I choose not to eat at these times, but I know I can handle whatever comes up.

Under Eye: I don't really give myself enough credit.

Under Nose: I know that I can handle whatever comes up in the moment, without needing to always eat.

Chin: I can start to see that using food to deal with my emptiness just isn't working.

Collarbone: I no longer need food to fill this emptiness.

Under Arm: Maybe there's another way that I can address it.

Top of Head: That involves self-care, compassion and nurturing, rather using food.





FREEDOM PROGRAM

worksheet



Eye: I'm now starting to see that there is always enough food.

Side of Eye: I can have as much of this food as I want, whenever I want.

Under Eye: Maybe there is no missing out on food? Because I now am starting to believe that there is always enough.

Under Nose: It's safe for me to relax more around food. It's safe for me to start to trust myself around food.

Chin: I'm learning to stop and say no to food, as I keep tuning into my body.

Collarbone: I'm starting to see that I'm in charge of my eating decisions.

Under Arm: And this comes from a place of self care, nurturing and nourishment.

Top of Head: I can see that it is possible to change.

Eye: I know this is all a bit scary.

Side of Eye: But that's OK.

Under Eye: I know that I can handle whatever comes my way.

Under Nose: There might be some uncomfortable feelings that come up.

Chin: I am starting to see that I have everything within me, to respond without using food.

Collarbone: And it's safe for me to do this. I am starting to trust myself more and more.

Under Arm: I can still enjoy my food, not overeat and not feel deprived.

Top of Head: I'm open to find other ways to find comfort and reward myself.





FREEDOM PROGRAM

worksheet



Eyebrow: I am starting to feel more calm and relaxed around food.

Side of Eye: Every day I am tuning into my body and honouring my body's signals around hunger and fullness.

Under Eye: I am choosing to slow down my eating, and to savour each bite.

Under Nose: I am really starting to relax around food. I'm no longer searching for food like I was before.

Chin: It's getting easier and easier to stop when I've had enough.

Collarbone: I'm starting to feel like food doesn't have the power over me. And that feels good.

Under Arm: I am really starting to trust myself and trust my body.

Top of Head: I can see that there's another way for me that is far more empowering.

For the next 2 days, focus on the full blueprint.

Part 3

Eyebrow: I no longer need to overeat.

Side of Eye: I feel confident to deal with whatever might come up in the moment.

Under Eye: Because I'm learning a new way.

Under Nose: I can even tap in the moment when I have cravings, and deal with whatever comes up.





FREEDOM PROGRAM

worksheet



Chin: It's time for me to let this go and break this cycle.

Collarbone: It might have served me in the past.

Under Arm: But it no longer serves me now, I'm starting to believe that I deserve more and I can change.

Top of Head: I'm starting to feel free around food and in myself, lighter and happier. This feels amazing.

Eyebrow: It's time.

Side of Eye: I can leave the emotional eating in the past.

Under Eye: I no longer need to eat in this way.

Under Nose: It doesn't serve me. It was a crutch that I used in the past.

Chin: But I've moved on.

Collarbone: I've found other ways to have fun and to feel satisfied in my life, without using food.

Under Arm: I am starting to treat myself in a far more kind, compassionate and loving way.

Top of Head: My food choices are coming from that place of self care, nurturing and nourishment.

Eyebrow: I can now relax without needing to use food.

Side of Eye: I can celebrate and have fun, without needing to use food.

Under Eye: I find other ways to get my needs met, without using food.

Under Nose: Food no longer excites me in the way that it used to.

Chin: It's safe for me to feel all of my feelings, and know I will be OK.

Collarbone: I no longer need to use food to push them down.





FREEDOM PROGRAM

worksheet



Under Arm: There is no fear of missing out on food, as there is always food available.

Top of Head: Because I now feel light, free and empowered, and that is what I am focusing on.

Eyebrow: I am seeing less and less emotional eating.

Side of Eye: And that feels sooo good.

Under Eye: I feel really connected with my body and myself.

Under Nose: And I'm making choices based on self care, nurturing and nourishment.

Chin: I never want to go back to how I was.

Collarbone: Each day my confidence is growing and growing.

Under Arm: And I'm making great choices and I am feeling so good.

Top of Head: I feel so empowered and free I can see the positive changes already.

