

# Tap Away Holiday Eating Anxiety

**Start by taking 3 deep breaths to get centered and grounded**

## **Karate Chop Point**

Even though I am afraid I will eat too much at this party and be angry with myself  
I love and accept myself with compassion

Even though I want to enjoy the food at this party, I am afraid I will lose control,  
eat too much and feel guilty about it the next day

Even though I have anxiety about overeating and getting fat over the holiday, I  
choose to treat myself with love and compassion no matter what happens.

## **Tapping Through the Points**

I am afraid I will eat too much

I feel stressed

I want to eat the foods I love

But what if I lose control

I am afraid I will get fat

I am afraid I will feel guilty

What if I eat too much

I will beat myself up

I will feel so ashamed

What if I can't stop

All of this fear and anxiety

I am afraid of this mean voice in my head

Judging and criticizing me

All of this stress

Preventing me from enjoying the holiday

I am just going to honor these feelings

I choose to love myself whatever I eat

I do not have to beat myself up

I choose to be kind to myself

It is my choice how I talk to myself

I let go of feeling guilty

I let go of shame

I put my hand on my heart

Breathe love into my heart

It is time to let go of this mean voice

I can say stop

You are hurting me

I don't have to listen to you any more

I intend to enjoy every bite  
I choose to eat mindfully  
Savoring all the flavors, textures and aromas  
I slow down and experience the food joyfully

I enjoy the people around me  
Opening my heart to giving and receiving love  
I feel calm and relaxed  
I feel pleasure and satisfaction  
I breath deeply and trust myself  
I stay centered in my body  
I am free to enjoy the holiday  
I feel relaxed as I open my heart to myself.

**DEEP BREATH**