

Dawson Church



ICE CREAM

Craving Tapping Script

STEP 1

Statement (Read aloud and rate how strong your craving is on a scale from 0 to 10, it helps to have the thing you crave in front of you when do this exercise): I have a craving for ice cream.

STEP 2

Set Up Phrase (Read aloud three times while tapping on side of the hand): Even though I have a craving for Ice Cream, I love and accept myself.

STEP 3

Read the following phrases aloud while tapping on the prescribed spot with your dominant hand.

Side of hand point: Even I have this craving for ice cream, I deeply accept myself anyway.

Even though I really want ice cream right now, I love and accept myself.

Even though I love the way Ice Cream makes me feel, I love and respect myself anyway.

Eyebrow: I want ice cream so much I can taste it.

Side of the eye: I eat it every chance I got.

Under the eye: I've always I feel happy when I eat ice cream.

Under the nose: Ice cream cheers me up.

Chin: Everybody eats ice cream. Everybody loves it.

Collarbone: I just want a few scoops.

Under the arm: Except I usually eat the whole pint when I have it.

Top of the head: but I always feel guilty afterwards

Eyebrow: and then I eat more ice cream, and the cycle continues

Side of the eye: I feel sick when I eat the whole pint.

Under the eye: Ice cream is so creamy and good though.

Take a deep breath.

Eyebrow: I love ice cream.

Side of the eye: It is such a satisfying food.

Under the eye: I love to savor it when I eat it.

Under the nose: But I don't always savor it when I eat it, I gobble it down and want more.

Chin: I don't like this about myself.

Collarbone: I end up feeling guilty and then sick because I ate it all and I ate it fast.

Under the arm: I lose control after I eat the first bite.

Top of the head: There are other foods I don't gobble down.

Eyebrow: There are other foods I enjoy.

Deep Breath

Side of hand point: Even though I don't want to give up this ice cream, I love and accept myself.

Even though ice cream has always been a favorite food, I like other things now and even though this is uncomfortable to change, I love and support myself completely.

Even though I really love ice cream and even eat it sometimes when I don't really want it because I love it that much, I accept and forgive myself.

Eyebrow: I won't give ice cream up.

Side of the eye: I think I am nostalgic about ice cream

Under the eye: It reminds me of—

Under the nose: I can see them again now

Chin: so much love, and ice cream

Collarbone: When I eat ice cream

Under the arm: It reminds me of those good feelings

Top of the head: I choose to see that its not the ice cream, but the good feelings I crave

Eyebrow: I can see them now, all those people I used to eat ice cream with

Under the eye: Sending them that ice cream love, and feeling their warm embrace

Under the nose: Its these good feelings that I crave, not the ice cream

Chin: Its easy to feel good without Ice Cream

Collarbone: All I have to do it think about them.

Under the arm: I forgive myself for eating too much ice cream

Top of the head: It feels good to honor my body with what it actually needs, love

Deep breath

For the last time, check your craving. Taste or smell the food and notice what your desire for it is on a scale of 0-10.

STEP 4

Statement (Taste or smell the ice cream and re-rate your craving on a scale from 0 to 10):
I'm craving ice cream.

If the statement is still true to some level, return to Step 2.