

# *Tapping Away* CRAVINGS



## MODULE #4

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# Tapping Away

## CRAVINGS

This module is where you will combine the Tapping and Inner Child work to conquer cravings fast. Make sure you follow along with the video on the membership site too.

### *Before the process:*

Make sure you are either experiencing a craving when you're about to use the process or that you're connected to a memory from the past when you were experiencing a craving. This is what you will be working on with the process.

#1: CONNECT TO THE CRAVING. Ask, what emotion am I feeling underneath this craving? WHY do I want to eat right now. Sit with this, think about it and find the answer. Trust whatever comes to mind.

#2: RATE THE INTENSITY. Give yourself a number out of 10. 0 being the lowest (feel neutral) 10 being the highest (very intense feeling).

#3: Go through the tapping process using all the points. Follow this with the Inner child healing process.

#4: Once you've completed all processes rate yourself again on the scale of 0-10. Which number are you at now?



The number will have dropped. If you want to lower it more, repeat the tapping again and check in with your inner child is there anything else she needs.

## *After the process:*

Below you will find a few journalling prompts to complete after the process.

How was that experience for you?

What did you learn?

How do you feel now?



How are you feeling about food?

Blank space for writing the answer to the question: How are you feeling about food?

What has that shown you about your cravings?

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How will you manage your cravings in the future now?

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Write out your future vision of how you see yourself around food. How do you want to be with food, what do you see, hear and feel in the future?

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