



Tapping Into Body Confidence: The Key to Unlocking Your Weight Loss Struggle

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*** *This is a digital workbook. You can type your notes in the text boxes and save it to your computer.* ***

There are two main reasons tapping works for weight loss:

1. Tapping reduces stress, and when we are stressed there is an overproduction of cortisol, which creates abdominal fat. Stress also creates havoc on the body, it impacts your immune system and your endocrine system and your nervous system. Stress impacts your ability to absorb nutrients, so even though you may be eating healthy foods, you're not able to absorb all of the nutrients because of stress.

2. Tapping allows us to let go of emotions that impact our behaviors and drive us to over-eat, or choose foods that are not good for us. Our emotions impact the actions that we take around food choices that we make, and they impact our cravings, binge eating and our relationship with exercise.

With Tapping, you can change your relationship with eating, and exercise, and reduce and manage your stress, and this leads to a healthy relationship with your body, and lasting weight loss.

Another reason Tapping is so beneficial for weight loss, is it helps break the pattern of panic.



Pattern of Panic





To find out if you are running this pattern, when you think about, “I need to lose weight,” do you feel that panic? Where do you feel that in your body?

Is there a part of you that believes that you have to put pressure on yourself in order to lose weight? Or do you have to be mean or punish yourself in order to lose weight? Where do you feel that in your body?

Steps to Break the Panic Pattern

If you have the expectation that you’ll never have a moment of self-criticism and panic again, then you’re surely to be disappointed. Panic happens! The less we judge our negative feelings the less power they have. Resisting, ignoring or criticizing our negative feelings simply lock them in place.

Step 1: Observe with Compassion

The first step is to remember that you are scared. Panic comes from fear, fear of the past, or fear of the future. When we are fearful we aren’t our resourceful adult selves. We often revert to old habits we learned as a child. A child doesn’t improve when their feelings are ignored, belittled or disapproved of. So why do you expect that strategy to work for yourself? Just taking a moment to stop and observe how we feel is incredibly powerful. Speak to your-



self as if you were a scared child. Honor your feelings and show compassion. This can happen with just taking a deep breath, putting your hand over your heart and whispering, “I am here for you.” No matter how long you’ve been feeling the panic or how nasty your critical voice has become, it’s never too late to take a breath and be present with how you feel. The reason I recommend this step is because I often hear, “I know I should have tapped, but I just didn’t.” It’s because your smart adult self knows how powerful tapping is and how to do it, but when the panic sets in, we aren’t our resourceful selves. By remembering to simply observe how you feel with the compassion that scared child deserves, it becomes easier to do more to break the pattern, like tapping.

Step 2: Tap!

In the following pages you’ll find additional tapping scripts to what was covered in the interview. The more you tap the easier it becomes to think of your own words on the spot. The key isn’t to say the “perfect” words or have the “perfect” script, there is no such thing. To have the best results with tapping, it’s about being specific and expressing how you feel in your own words. You may like to pretend you are speaking to a close friend and venting about the situation.

Step 3: Reflect and Remember

Choose a phrase, thought or story that helps you ground yourself and remember all is well. After tapping it’s powerful to repeat this mantra as you go on with your day. You can leave yourself little reminders by putting up a sticky note in your bathroom, or in your car. You may find that this empowering thought, phrase or idea appears naturally after you tap. This is why I always suggest writing down your thoughts after tapping. When we set things up to give ourselves little reminders it helps keep us centered and moving towards our desires.

Here are some of my favorites phrases:

What is for me cannot pass by me.

Everything is unfolding as it should.

I have everything I need inside of me now.

Life is easy and fun.



Everything has a season. I feel peaceful and patient.

What are some of your favorite phrases?

Tapping Meditation: Release the Pattern of Panic

Side of Hand Even though I can't relax until I lose the weight
I love and accept myself
Even though I cannot be happy until I lose this weight
I love and accept myself
Even though part of me believes
That I have to panic in order to make a change
I love and accept myself

Eyebrow This panic
Side of Eye I feel it with my whole body
Under Eye I need to punish myself
Under Nose Feeling all of this pressure
Under Mouth This pressure to change
Collarbone This pressure to lose weight
Under arm All of this anger
Top of Head All of this panic

EB All of these past disappointments
SE It's overwhelming
UE And I feel it with my whole body



UN Weight loss is so stressful
 UM And part of me believes
 CB That I have to punish myself in order to get results
 UA Part me believes, that if I'm not mean to myself, I won't change
 TH So I have been holding on to this panic

EB I have been holding on to this pressure
 SE Because I'm scared to let go
 UE I want to make this change so badly
 UN I desperately want to lose weight
 UM And part of me believes
 CB I need to feel this pain and this pressure
 UA But I'm so tired, I've been running this pattern for so long
 TH And I'm tired

EB I acknowledge this hasn't been working
 SE I've been trying to hate myself happy
 UE I've been trying to criticize myself thin
 UN I've been trying to deprive myself
 CH I've been putting my happiness on hold
 CB And it hasn't been working
 UA I acknowledge how hard this has been
 TH But now that I know better, I can do better

EB As I give myself permission to relax
 SE I slowly open myself up, to new ideas
 UE This approach hasn't been working
 UN I open myself up to a new way
 UM It is safe to let go of this panic
 CB Because right now and right here, I am okay
 UA Right now and right here, I matter
 TH Right now and right here, my voice can be heard

EB I have so much to give to this world
 SE I have so much happiness to feel
 UE And I give myself permission to feel it
 UN I am open to the idea
 UM That by loving who I am
 CB It will be easier to take care of myself



UA It's easy to take care of what you value
TH And I value myself and my body

EB Right now and right here
SE I deserve my own love
UE Before anything changes
UN I can appreciate all my body does
CH It's easy to take care of something I value
CB I begin to see my value right here and right now
UA As I release this panic
TH I experience my power

Building a Relationship With Your Body

Are you telling yourself this story, that one day, you will be happy and you will feel confident, once you lose weight? I used to tell myself this and I had it backwards. We have to begin to feel confident in our body in order to take the steps forward to be able to get the results we want. What does it really mean to be confident in our body? Body confidence is honoring your body for being the home to an incredible soul. Body confidence is about building a healthy relationship with your body and becoming your body's friend instead of feeling like you have to fight against your body to get what you want.

It's so much easier to take care of what we value. We need to create a relationship with our body, and befriend your body. It is waiting for a friend. It is waiting for some support. When we value our body and we create a loving relationship before anything physically changes, all those healthy habits, all the things we have to do, they're more pleasurable.

You have your body for the rest of your life and you need to learn to love and take care of your body in a way that's sustainable.

Tapping Meditation: Hello Body, What Do You Need?

KC Even though I feel like I'm fighting my body, I love and accept myself.
Even though I feel like I'm fighting my body, I love and accept myself.
Even though I feel like I'm fighting my body, I love and accept myself.



EB I feel like I'm fighting my body
SE I feel like my body is betraying me
UE It shouldn't be this way
UN It feels so unfair
UM Part of me wishes I had another body
CB I feel like I'm at war with my body
UA I'm trying to fight my body
TH And I'm so tired

EB I feel like my body is preventing me...
SE From living my best life
UE My body is preventing me...
UN From feeling happy
UM This story I've been telling myself
CB I ignore my body
UA Because focusing on it causes me pain
TH I feel like my life is on hold because of my body

EB I recognize the story I've been telling myself
SE I recognize how mean I've been to my body
UE I either ignore my body
UN Or I become impatient and critical
UM This hard relationship with my body
CB All this fighting
UA But no one is winning
TH Maybe there is another way

EB I either criticize my body or ignore it
SE What if I can pause...
UE And simply listen to my body?
UN What if I could be my body's friend?
UM What if I could acknowledge what my body does for me?
CB What if I could recognize my body....
UA For being the home to an incredible soul?
TH What if I could simply pause and befriend my body?

EB Hello body
SE I know I often criticize you
UE And it's hard to do well in such a harsh environment



UN I recognize everything you do for me
UM And I want to be your friend
CB I want to work together
UA I know we can heal our relationship
TH It begins with me appreciating all you do

EB Thank you, body
SE I'm ready to communicate with you in a new way
UE What do you need?
UN What do I need to let go of?
CH You've been trying to get my attention body
CB And I am now here to listen
UA I am here to nourish you with the foods and thoughts you need
TH I promise to infuse our relationship with more love, compassion and patience

My body needs:

Tapping Process to Let Go of Your Emotions Around Cravings

Step 1: Identify your Craving

Step 2: Begin Tapping



Tap through the points while you are focusing on your craving you identified in step 1. Let your craving image play out, like a movie, as you tap through the points. Really visualize your craving and bring in all of your senses, the way your craving tastes, the way it smells, the wrapper it comes in, or a memory you have about eating it or an event around your craving. Tap through the feelings and emotions you identified. Notice any feelings that come up and write those below.

Step 3: What did you learn from step 2?

Emotional eating is done when we feel out of control. It's when food is used as a drug to suppress feelings, or to help us feel good. It's a response to an emotion. This tapping will help you tap into your own power to feel in control, and reprogram your associations to healthy foods.

Begin by taking three deep breaths. Inhale through your nose, and exhale through your mouth. Inhale through your nose, and exhale through your mouth. One more time, inhale and exhale.

Begin on the karate chop point.



SH: Even though I feel out of control around certain foods, I love and accept myself.
Even though I feel out of control around certain foods, I love and accept myself.
Even though I feel out of control around certain foods, I love and accept myself.

EB: I've been using food as a drug.
SE: I need it.
UE: It calms me down.
UN: It makes me feel so good.
CH: I know it's bad for me,
CB: But I need it to reward myself.
UA: I'm unwilling to let go of these unhealthy habits,
TH: But I want to.

EB: Part of me wants to stop.
SE: Part of me doesn't.
UE: I don't want to deprive myself.
UN: I've tried dieting before and I was miserable.
CH: I need this unhealthy food,
CB: Because I need a break.
UA: I need an escape.
TH: I need this food.

EB: Food has been such a comfort.
SE: Food is always there for me.
UE: I'm not willing to let go of these unhealthy habits,
UN: But I want to.
CH: This inner battle around what to eat,
CB: I don't want to eat in a destructive way,
UA: But I don't want to deprive myself either.
TH: Maybe there's another way.

EB: Maybe I can still enjoy food.
SE: Maybe I can feel calm before I reach for food.
UE: Maybe there are other ways to reward myself.
UN: Maybe this is easier than I thought.
CH: I'm open to finding new ways to reward myself.
CB: I'm open to new ways to find comfort,
UA: A bath, a manicure or simply deep breaths.
TH: I take care of myself.



EB: I am in tune with my body.
SE: It's been under so much stress.
UE: These emotions and unhealthy foods are draining my body.
UN: Change begins now.
CH: I'm kind to my body.
CB: I choose foods that nourish my body.
UA: I find the pleasure in healthy foods.
TH: They feel good to my body and soul.

EB: I am in tune with what my body needs.
SE: I hydrate my body with pure cleansing water.
UE: I take deep breaths before I begin to eat.
UN: I am present and in control.
CH: I enjoy my food.
CB: I am in control.
UA: I know when I am full.
TH: I am in control.

EB: I long for foods that make my body feel good.
SE: This is exciting,
UE: And easier than I thought.
UN: I begin to incorporate healthy habits every day.
CH: This feels so good.
CB: I find the pleasure in healthy choices.
UA: I am in control.
TH: I nurture my body today with positive thoughts and nourishing foods.

Take a deep breath in, exhale. As you go about your day continue to nourish your body and your soul with those positive thoughts, those healthy foods and that hydrating water. Make taking care of yourself a fun and pleasurable experience.



JESSICA ORTNER is the New York Times Best-Selling Author of *The Tapping Solution for Weight Loss and Body Confidence*, and the producer of the documentary film, *The Tapping Solution*. She has led more than 5,000 women through her revolutionary Weight Loss and Body Confidence online program, and she has been the host of all Tapping World Summits. She is also the host of the popular iTunes podcast *Adventures in Happiness*. Follow Jessica on Twitter [@Jessica](#) or on Facebook at www.facebook.com/followingJessicaOrtner.