

Emotional Freedom Technique

TO ELIMINATE SUGAR CRAVINGS
AND SUGAR ADDICTION



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INTRODUCTION

Hello, Sugar Freedom Seekers!

My name is Florence Christophers and I am known as the **Kick Sugar Coach**.

Sugar addiction is a real thing, and awareness around this topic is exploding. It is now well known that our runaway consumption of refined carbohydrates is directly linked to our rising rates of diabetes and obesity, dementia and depression, cardiovascular disease and cancer, and many other chronic lifestyle diseases.

And yet we know that reducing or eliminating our consumption of processed and packaged junk food is not easy. These calorie rich and hyper-palatable foods are everywhere, they are cheap and once eaten they trigger an insatiable appetite for more.

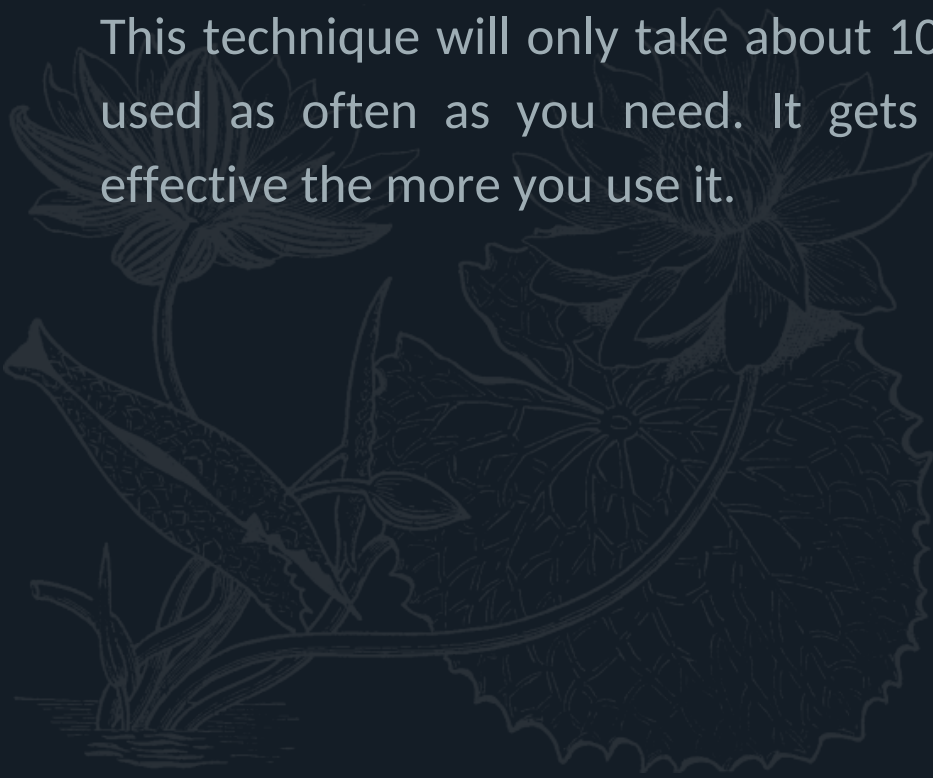
The cycle is vicious and it is predictable. We eat processed junk, our feel-good neurotransmitters spike, then we crash, then we crave more.

And around and around we go for years if not decades until the damage sugar is doing to our bodies is so great that we are desperate enough to consider walking the path of sugar abstinence, and lucky enough to find true freedom.

I have been 95% sugar free for over 17 years and 100% sugar free for 4+ years. It took me a long time to figure out how to kick sugar once and for all and forever and I am now dedicated to helping others break free quicker and easier than I did.

This EFT script is one tool that I share with my clients to help them get unhooked from sugar's addictive grip in the midst of a craving. It is to be used, in that exact moment, when you are about to take one bite of something that you know will lead to two bites and then three rows.

This technique will only take about 10-15 minutes and should be used as often as you need. It gets more powerful and more effective the more you use it.



EFT is a unique DIY form of energy medicine combined with statements that shift our state of consciousness, our feelings, and ultimately our point of attraction. It helps us clear unwanted negative energies and feelings and creates the space for us to move into positive energies and emotions.

In other words, it takes us from where we are to where we want to be. It is a bridge from feeling consumed by a craving to feeling complete and content.





HERE IS HOW IT WORKS

There are 10 tapping points. Please see that attached video on how to identify and tap on these points. Also, see the chart in Appendix A which identifies these points precisely.

There are two parts to this process:



Identify what you don't want: The craving, pain, frustration, etc. Identify and get in touch with the emotions and feelings.



Identify what you do want and get in touch with those feelings and emotions and have them replace the unwanted ones – in this case, unwanted cravings for foods/drinks/substances that harm us.

In Part One, we begin the process by tapping on meridian energy points to clear the negative energy thoughts and feelings to make space for the positive. It is not the words that create the shifts, it is how the words guide you to feel. EFT is not an intellectual process but a body-based healing modality.



EFT gets to the issue at the unconscious and cellular level way below our conscious rational mind. It works with the language of the body which is feelings, sensations, emotions.

So, to begin this process, you are going to get in touch with your craving. You are going to tune in and get laser focused on what the craving is for – what food or drink specifically? Where do you feel the craving? In what parts of your body? What images are a part of this craving? What is this craving saying? Can you hear its voice?

Feel the sense of urgency, the restless energy, the fear and panic, the excitement, the anticipation of pleasure or need for relief or from the urge itself.

Now, write down on a piece of paper how strong this craving is on a **scale of 1-10**.



Next we will begin tapping...

On the karate chop point, we will do 3-5 rounds of what is known as the set up statement:



Even though I am a sugar addict and I have a strong craving for this food _____, I deeply and completely love and accept myself.



Even though I have a strong desire to eat this food _____ that I know is not good for me, I deeply and completely love and accept myself.



Even though I want to eat this junk food right now _____, and I cannot say no without getting really upset, I deeply and completely love and accept myself.



Even though I have this awful craving for _____, I accept myself and how I feel.



Even though I want to put this food into my mouth despite the adverse consequences, despite the regret I will feel later, I accept myself and I accept this desire.

Now start tapping on the other meridian points as identified in Appendix A or the demo video. More or less one sentence per tapping point or however you see fit. There is no wrong way to do this. Trust yourself.



Even though I like the look, taste and smell of this food_____, I know it is not good for me.



I need this food _____ (insert name of food)



I want it right now



I cannot focus until I eat this food _____



I really want this food _____



This craving is an emergency




I cannot do anything until I satisfy this need



I am anxious and overwhelmed and I need this food to bring me relief




Satisfying this craving is the only thing that can make this feeling go away

 I am afraid to say no to this craving, I might go crazy


 I need this food _____

 I really want to eat this food _____

 This is a true love moment


 I must eat this food right now


Okay, now take a deep breath and exhale. Do this a few times. If you are starting to feel slightly less obsessed, it is time to introduce some power statements that shift your focus away from the food (or drink) to the larger issue of sugar addiction itself.

 I am so frustrated that I get cravings for sugar that do not serve me

 Sugar makes me feel sick

 I know sugar makes me gain weight

 It makes me tired and irritable












 Sugar robs me of my money, my peace of mind

 Sugar is the thief of my joy and my self respect

 I am addicted to sugar

 I don't know what to do about this addiction

 I feel helpless and hopeless















-  I am frustrated and sad about this addiction
-  I am frustrated and sad I cannot eat _____ like other people
-  I wish I could eat _____ and just be fine with it
-  I know what I am craving right now does not serve me
-  I will regret it later
-  I will feel shame and regret
-  It keeps me stuck in sugar craving cycles
-  I eat sugar, I crash, I crave some more
-  I am very sad about this addiction
-  The more sugar I eat, the more sugar I want
-  It's not fair

Okay, now take a few deep breaths and see if you can relax again before we bring in more positive statements.

NOTE: It is not enough to end the craving, we must replace it with something else. When we take away the craving we leave a void, this void must be filled. We cannot stop thinking about something without actually thinking about something else instead. We need to replace the thoughts and feelings of what we don't want with thoughts and feelings of what we do want.



Let's do that now. Keep tapping. Keep moving through the points — All 10.

-  My craving is trying to fill a void
-  My craving is trying to meet a need
-  But I am willing to find better ways of feeling good
-  Ways that are as good, if not better than sugar
-  I am open to new possibilities
-  I choose to listen to my body and what it really needs
-  What does it really need?
-  I know it does not need sugar, it never needs sugar
-  Maybe it needs a break?
-  A nap?
-  A walk in nature?
-  Maybe it needs some water or a green juice?
-  Maybe it needs a hug, some love?
-  Maybe it needs to cry?



I can trust my body to tell me what it really needs



I deserve to take great care of myself



Even though my body is whining that I need this food _____,



and even though it's whining that it deserves to eat this food _____, I know it deserves better



I choose to nourish my body



I give my body what it really needs



I can trust myself



I can trust my body



I am ready to let go of this desire for something that is no good for me. I can do without it



I trust that there is a better way to meet my needs



I trust there is a way to end my sugar addiction



I don't have to be addicted



I can be free



I want to be free













Free from cravings, food obsession



Free from health issues, weight gain and self loathing



I don't have to date sugar anymore, we can break up

-  I have the power to change this pattern
-  I believe there is a way forward
-  I can trust myself
-  I can trust this tapping process
-  Tens of thousands of people have kicked their addiction to sugar and I can too
-  I want to eat healthy whole foods
-  I choose to make the right choices for my body
-  I now see cravings as a sign that I need to do some self care
-  I choose self care and self love
-  Self care and self love

Okay, now take a deep breath and exhale.

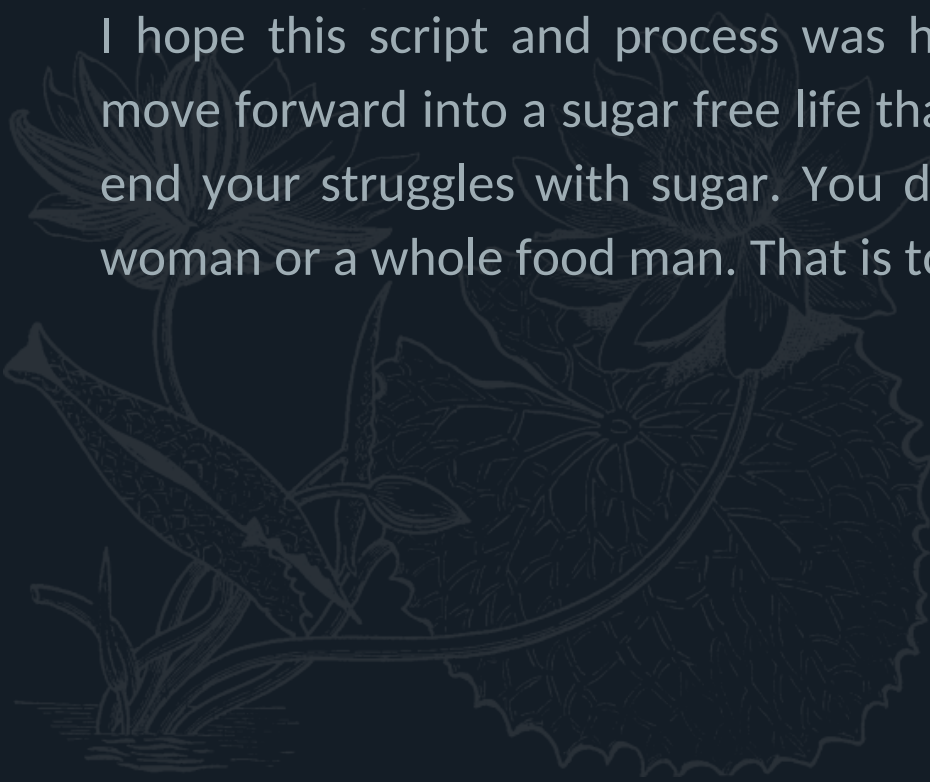
Notice how your body feels. Has the craving reduced? Even if it is only a few points, that is a great start. It shows that the tapping worked and the more you use it the better it gets. If it has not, then go back and tap through this script again.



Remember it is not the words that makes this process effective, it is being present to our feelings. It is getting out of our heads and into our bodies and letting the tapping clear the old and unwanted and bring in the new.

The secret to success with EFT is to do this process every day for 30 days or until your sugar cravings completely disappear. When we do things consistently that is when radical results happen. Watch for signs of progress and celebrate them. Avoid the desire for quick fixes and perfection.

I hope this script and process was helpful. I hope it helps you move forward into a sugar free life that you love. You deserve to end your struggles with sugar. You deserve to be a whole food woman or a whole food man. That is totally possible!



As part of this free gift, you are welcome to book in for a free 15-minute coaching call where we will practice the script and technique together in person. This can be very helpful especially for those new to EFT.

Here is a link to my on line calendar:

<https://calendly.com/f-christophers/15>



If you require additional assistance with kicking sugar, I am happy to help. I teach a powerful technique that comes out of the drug and alcohol recovery field and works like a charm for sugar addiction too. You can check out my coaching services at www.kicksugarcoach.com

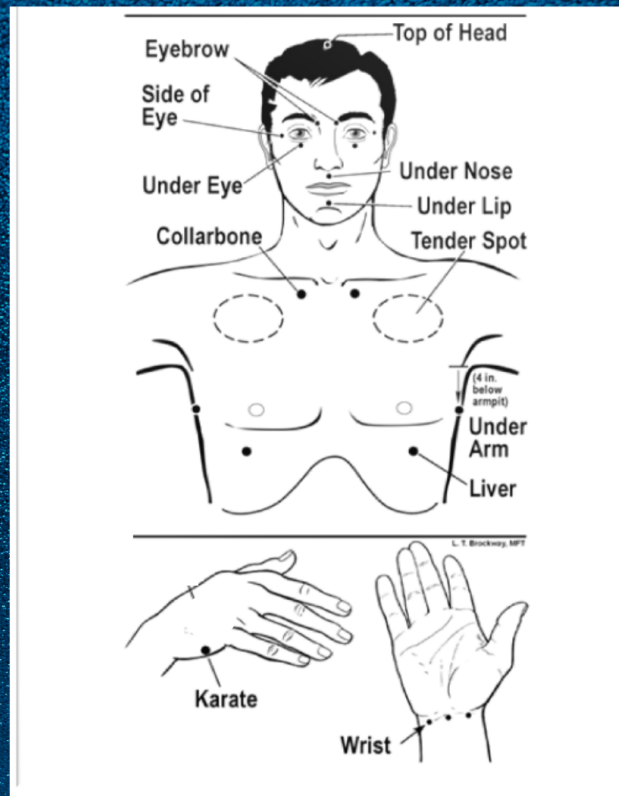
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APPENDIX A: TAPPING POINTS CHART



TAPPING POINTS

Karate Chop	KC
Eyebrow	EB
Side of Eye	SE
Under Eye	UE
Under Nose	UN
Under Lip	UL
Collarbone	CB
Under Arm	UA
Liver	LV
Crown of Head	CH