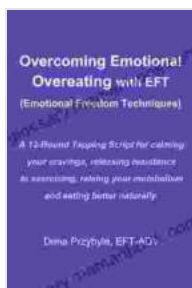


# Overcoming Emotional Overeating with EFT Emotional Freedom Techniques

Emotional overeating is a common problem that can lead to weight gain, health problems, and low self-esteem. It can be triggered by a variety of emotions, including stress, anxiety, boredom, and sadness. When people emotionally overeat, they often feel out of control and unable to stop themselves. This can lead to a cycle of guilt and shame, which can make it even harder to overcome emotional overeating.

Emotional Freedom Techniques (EFT) is a powerful tool that can help to overcome emotional overeating. EFT is a form of energy psychology that uses tapping on specific acupressure points to release negative emotions and promote healing. EFT has been shown to be effective for a variety of emotional issues, including anxiety, depression, and trauma. It can also be helpful for overcoming emotional overeating.



## Overcoming Emotional Overeating with EFT (Emotional Freedom Techniques) by Dena Przybyla

★★★★☆ 4.7 out of 5

Language	: English
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Text-to-Speech	: Enabled
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Enhanced typesetting	: Enabled
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EFT works by stimulating the body's energy meridians. These meridians are channels of energy that run throughout the body. When a meridian is blocked, it can lead to physical and emotional problems. EFT helps to unblock these meridians, which can promote healing and well-being.

To use EFT for emotional overeating, you will need to identify the emotions that trigger your overeating. Once you have identified your triggers, you can use EFT to release these emotions. Here is a step-by-step guide to using EFT for emotional overeating:

1. **Identify your triggers.** What emotions trigger your overeating? Once you have identified your triggers, you can start to work on releasing them with EFT.
2. **Find an EFT tapping point chart.** There are many different EFT tapping point charts available online. Choose a chart that you feel comfortable with and that shows you the location of the acupuncture points.
3. **Start tapping.** Once you have found an EFT tapping point chart, you can start tapping. To tap, use your fingertips to gently tap on the acupuncture points shown on the chart. While you are tapping, focus on the emotion that you are trying to release.
4. **Repeat the tapping sequence.** Repeat the tapping sequence for several minutes. As you tap, focus on the emotion that you are trying to release. You may find that the emotion starts to dissipate after a few minutes of tapping.
5. **Check in with yourself.** Once you have finished tapping, check in with yourself to see how you are feeling. Do you feel calmer and more

in control? If so, you have successfully released the emotion that was triggering your overeating.

EFT can be a powerful tool for overcoming emotional overeating. It is a safe and effective technique that can help you to release negative emotions and promote healing. If you are struggling with emotional overeating, I encourage you to give EFT a try.

### **Additional tips for overcoming emotional overeating**

In addition to EFT, there are a number of other things that you can do to overcome emotional overeating. Here are a few tips:

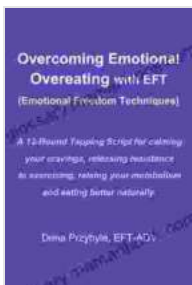
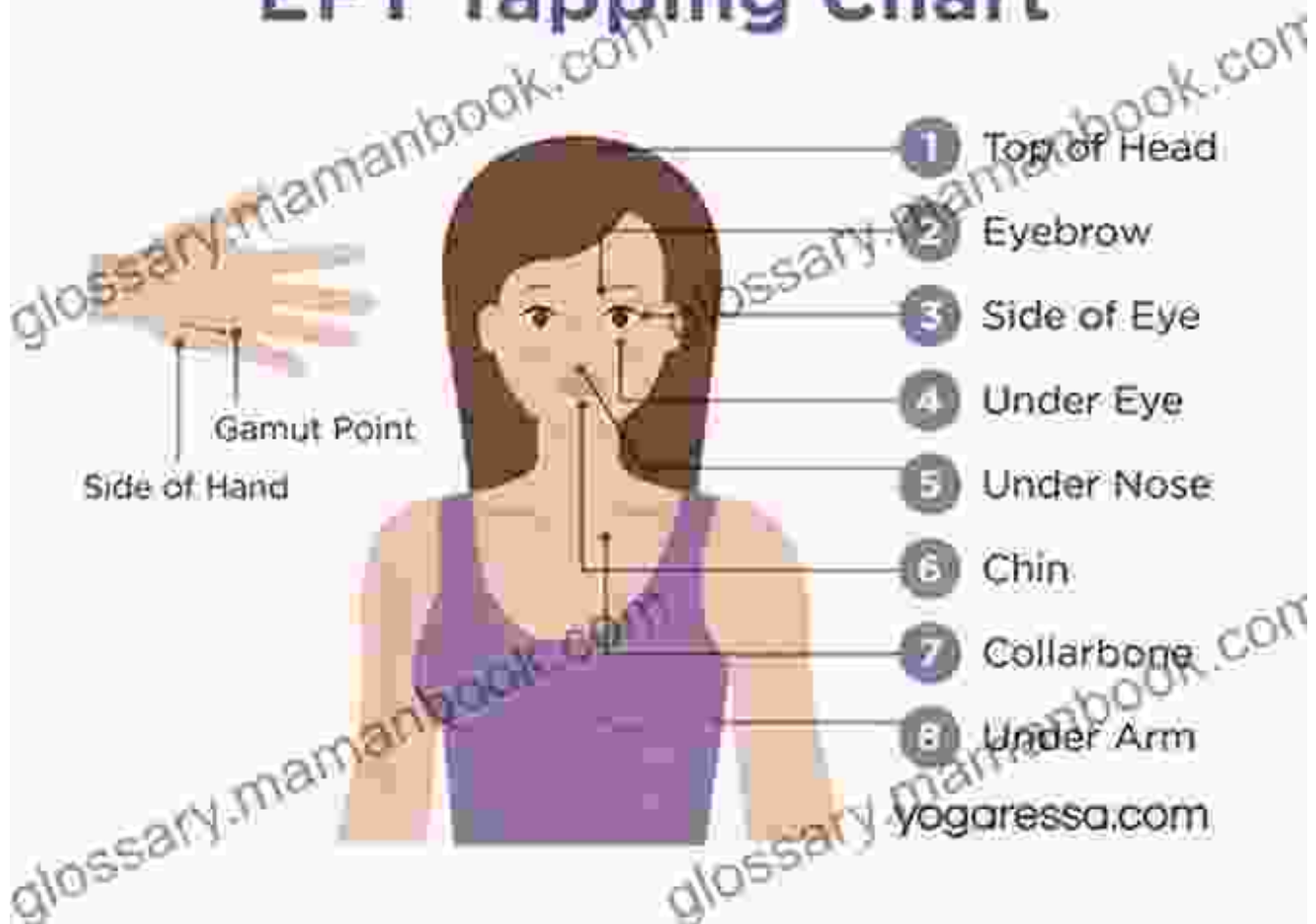
- **Identify your hunger cues.** When you are truly hungry, your body will send you signals. These signals may include stomach growling, fatigue, or irritability. If you are not sure whether you are hungry, try waiting 15 minutes before eating. If you are still hungry after 15 minutes, then you may want to eat something.
- **Eat slowly and mindfully.** When you eat slowly and mindfully, you are more likely to enjoy your food and to feel satisfied with less. Try to eat your meals at a table and focus on your food. Avoid eating while watching TV or working on the computer.
- **Make healthy choices.** When you are choosing foods, opt for healthy options that are nutrient-rich and filling. Avoid processed foods, sugary drinks, and unhealthy fats. Eating healthy foods will help you to feel full and satisfied, which can help to reduce your risk of emotional overeating.
- **Get regular exercise.** Exercise is a great way to reduce stress and improve your mood. When you exercise, your body releases

endorphins, which have mood-boosting effects. Exercise can also help to improve your self-esteem and body image, which can make you less likely to emotionally overeat.

- **Get help from a therapist.** If you are struggling to overcome emotional overeating on your own, you may want to consider getting help from a therapist. A therapist can help you to identify the underlying causes of your emotional overeating and develop coping mechanisms. Therapy can also help you to improve your self-esteem and body image.

Overcoming emotional overeating can be a challenge, but it is possible. By following the tips above, you can break free from the cycle of emotional overeating and achieve a healthier lifestyle.

# EFT Tapping Chart



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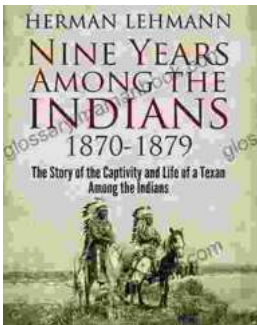
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