



Tap Away Weight Teleclass / Webinar



with
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www.TapAwayWeight.com
2 of 6



Ground Rules...

- **Pick 1-2 partners to work with between classes**
- **Register at tinyurl.com/PracticePartnersW8**
- **Respect confidentiality** (of your tapping partner)
- **Please be on time for the classes. 6pm PST, 9 EST – login 5 minutes early**



Logistics

- **Email questions or comments to: assistant@LKcoaching.com**
- **Toggle 4* to mute or un-mute yourself**
- **To ask a question “raise your hand” by hitting 5***
- **Find class hand-outs, recordings, and more on your downloads page**



What We Expect from You

- Support your practice partner
- Participate at 100%
- Do your homework assignments
- Take care of yourself (drink a lot of water)
- Allow yourself to evolve
- Be responsible for your experiences
- Stay open-minded
- Choose to make this process EASY
- No whining. ☺

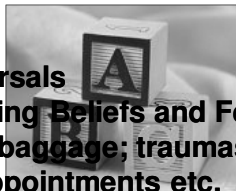



Q and A Hit 5* to raise your hand




Three Emotional Blocks to Releasing Weight

- A. Reversals
- B. Limiting Beliefs and Fears
- C. Past baggage; traumas, failures, disappointments etc.

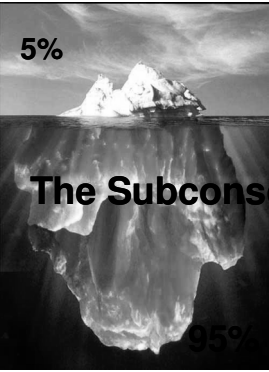


A) 

Secondary Benefit Syndrome (SBS)



Subconscious Resistance to Change




The Mind

The Subconscious Rules

The subconscious has two jobs:

- 1. Unburden your conscious mind from redundant tasks;** walking, driving, eating, showering, chopping onions etc.



- 2. Protect you;** keep you safe from danger, rejection, failure, criticism, judgment, etc.

“Wait a minute! I don’t really want to release weight!”

What if I reach my weight goal and....

- I won't feel safe anymore?
- I still don't get that job (or promotion I want)?
- My chubby friends make fun of me?
- I'm still not in a relationship?
- I'm still not attractive?
- Guys (or girls) come on to me?
- My clothes don't fit anymore
- I gain it all back again?
- People make fun of me, or notice me?
- I won't have an excuse anymore!!!



How do you know you Reversed?

- ✓ You're not getting results with tapping
- ✓ It's an old or chronic issue
- ✓ It's a highly charged issue
- ✓ There's something you want but aren't getting
- ✓ Behavior or habit you want to *stop*, but can't
- ✓ Something you *want* but can't seem to obtain
- ✓ Anytime you feel stuck
- ✓ With all fears and phobias
- ✓ With all limiting beliefs
- ✓ With all complex issues
- ✓ With ALL WEIGHT ISSUES





To Neutralize SBS

Tap on the KC Point while saying;

“Even though I don't want to weight 130 pounds, I do want to love and accept myself.”



**“I don’t want to release
this weight because...**

- It keeps me safe
- _____ will feel threatened if I lose weight
- I don’t deserve it
- It’s how I punish myself
- I want to punish _____
- Who would I be without my weight issues?
- I might get too much attention
- I won’t have an excuse anymore



Important to Remember:

**Neutralizing a Reversal
doesn’t fix the problem**



↙

**It fixes the *impediment*
to fixing the problem**

**Q and A
Hit 5* to raise your hand**



**1st of 3 Ways to
Eliminate Cravings
TAP Them AWAY**





Golden Gate Technique



1. Set-up statement "Even though I have this craving..." (be specific about the craving)
2. 1st round- Use reminder phrase "this craving for chocolate" (or whatever)
3. 2nd round- vent feelings "I really want that brownie"
4. Reassess intensity (10-1)
5. If below an 8, repeat Step 1 and 2, then change 2nd round to "I want to release this craving."
6. Repeat 4 and 5 until intensity is 3 or less
7. When a 3 or less use Choices... "I choose to eliminate this craving."
8. When at a zero, test yourself . Smell it, taste it.



**Test for cravings when at a zero
Does anything look tempting?**

**If there's still some desire,
then keep tapping**

**"Even though I still have this
craving for (whatever) ..."**



...I choose to release it now!"

**Q and A
Hit 5* to raise your hand**



**B) Second Emotional Block
for not reaching your ideal weight**



Limiting Beliefs and Fears

I'll have to give up the foods I love

Losing weight is really hard

I don't have time to cook

I can't afford healthy food

I'm afraid of what others might think

I have a low metabolism

I can't exercise because of my knees

I'll never be that small again!

I'll be hungry all the time

I'm afraid I'll feel deprived!

**I have fat genes. All of my relatives
are overweight!**

I don't have enough energy (or time) to exercise

Nothing works for **me!**

I don't deserve to look (or feel) **THAT** good

I eat right but still can't lose weight

I'm afraid of being too thin or too attractive

I'm afraid of committing...then failing

I'll have to buy all new clothes

I can't stick with an eating plan

I was taught to clean my plate... (starving kids somewhere)

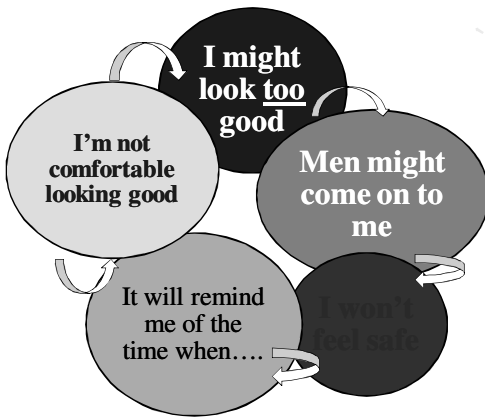
The extra weight keeps me safe

I don't like to exercise

I've already tried EVERYTHING!



**Fat men make
more Money \$\$\$**



**What are your fears and beliefs?
Hit 5* to raise your hand**



Belief Busting Technique



Bundling Beliefs and Fears

7 Easy Steps to Busting Beliefs and Fears



1. Think of what you want to weigh...
2. Write down all of your limiting beliefs, doubts and fears that come up about that
3. Put a circle around your list (bundle them together)
4. Give your bundle a name i.e. "Obstacles" or "Limiting Beliefs & Fears" or "Doubts & Fears about releasing weight, etc."

Final Steps to Busting Beliefs and Fears



4. Assign a number for how strong these w8 fears and beliefs are - from 10 to 1
5. Do a Reversal Neutralization ("Even though I DON'T want to let go of these beliefs...")
6. Tap away the bundle (use Golden Gate slide handout)
7. When at a zero, test results (try to make yourself own the doubts, beliefs and fears now)

Tap in Positive Beliefs



**Be Your Own Cheerleader
Not Your Worst Critic**

- *I allow myself to release w8...*
- *I choose to trust myself...*
- *I'm more than good enough...*
- *No I'm not...*
- **YES I AM!**
- *I choose to be fearless...*
- *I allow myself to be confident, committed and certain...*



Tap Away any Tail-enders!

“Even though I want to feel those things about myself, I don’t!”

I don’t trust myself and I’m not committed...yet.
Plus, I’m certainly not confident and fearless...yet.



- ❖ ***But I REALLY want to be!***
- ❖ ***I allow myself to change.***
- ❖ ***I already don’t have what I want. So I have nothing to lose... Except this weight! 😊 🌱***

**Convert negative thoughts
into positive ones...immediately**

- What if this doesn't work? - *I allow it to work*
- What if I fail? - *I choose to succeed*
- I'm just not that confident - *I allow myself to feel confident and certain*
- I can't trust myself - *I choose to be trustworthy*
- I'm afraid I'll never be healthy again - *I allow myself to reclaim health and energy*
- This already seems so hard! - *I choose to make this easy!*



**Q and A
Hit 5* to raise your hand**



**Homework Assignments
For those of you continuing**

1. Register for the Practice Partner page: <http://tinyurl.com/PracticePartnersW8>
2. Practice with your partner for an hour each
Help each other get resolution on any remaining limiting beliefs, doubts or fears about weight
3. Write down and work on any tail-enders or other weight issues that come up
4. Watch the video on your downloads page
5. E-mail Lindsay any issues you would be willing to work on in class: LKcoaching-tclass@yahoo.com
