



Tap Away Weight Teleclass / Webinar



with
Lindsay Kenny
www.TapAwayWeight.com
1 of 6



Logistics & Questions

- Email questions during class to:
assistant@LKcoaching.com
- For verbal questions, un-mute 4*
& say "This is _____ and I have
a question." (4* to re-mute self)
- Find downloads, class hand-outs,
recorded videos & audios, on
your confirmation page: tinyurl.com/w8free





Ground Rules...

- **Pick 1-2 partners to work with between classes** (only if you have registered for all 6 classes)
- **Register for a tapping partner at**
tinyurl.com/PracticePartnersW8 (only if you have registered for all 6 classes)
- **Respect confidentiality**
- **Please be on time for the classes**
6pm, PST (9 EST)

Our Intention is to Help You...

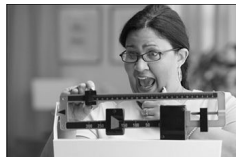
- Discover the reasons for your weight gain and neutralize all charges around them
- Eliminate shame, remorse, guilt or other negative emotions about yourself
- Alleviate limiting beliefs, doubts and fears around weight release
- Learn the tools and knowledge that support reaching your weight goals
- Learn how to focus on what you want and easily release what you don't want
- Reach your goals easily!

Tools to Help You Succeed

- ◆ Techniques for eliminating emotional eating
- ◆ Tapping to clear causes of weight issues
- ◆ 3 Crave-busting techniques
- ◆ The B's and C's of weight release
- ◆ New Tap Away Weight processes
- ◆ Bundling Baggage Technique
- ◆ Adapting new ideas and attitudes
- ◆ Mastering the UTS for weight release
- ◆ Lindsay's 10 Weight Release Commandments
- ◆ Reinforcing 20 Weight Release Tips
- ◆ Using the LOA for Weight Release
- ◆ Homework assignments & Practice Partners

Do We Have a Weight Problem?

- Over 65% of Americans are overweight
- 37% are obese
- 1 out of 3 women & 1 out of 4 men are on a diet
- Over 15% of children are overweight
- Two thirds of dieters regain lost weight + more within a year
- The diet industry grosses over \$40 billion a year



Why are we so overweight?



We consume more fuel than we burn
...aided by the "FFF" **Fast Food Factor**

Why do we eat more than we need?

- To protect ourselves or others
- To punish
- To reward
- To soothe or calm
- The need to clean our plates
- Uncontrollable cravings
- Can't stop eating
- Self medicate
- To comfort ourselves
- To fill a void

Emotional Eating



4 Types of Emotional Eating

Secretive eating



Over Eating



Compulsive eating

Binge Eating



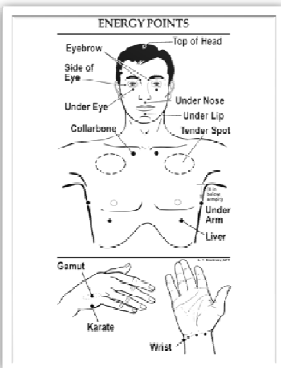
What Feelings Trigger Emotional Eating?

- Sadness / Depression
- Hurt feelings
- Boredom
- Feeling threatened
- Anger / Resentment
- Fear
- Loneliness
- Stress / Anxiety
- Feeling worthless
- Feeling frustrated
- Lacking of something
- Shame, guilt, disappointment



What fuels these feelings?

- **Past;** experiences, failures, traumas, events, disappointments, childhood
- **Present;** guilt, shame, anger, blame disappointment in yourself or others
- **Future;** doubts, fears, worries, limiting beliefs



Find chart on your confirmation page

Oh, what to do?

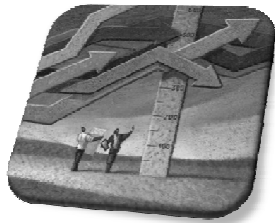
**Tap
Tap
Tap
Tap
Tap
Tap**

1. Bundle all of your negative feelings together...

- ❖ Shame, blame, guilt, embarrassment
- ❖ Disappointment in yourself
- ❖ Anger or resentment
- ❖ Self loathing...
- ❖ "Sometimes I hate myself"
- ❖ "It disgusts me to look in the mirror"
- ❖ "I feel like a loser"



2. Give the bundle an intensity from 10-1



How strong are these feelings?

3. Neutralize any Reversals (subconscious resistance to change;) *"Even though I don't want to let go of the embarrassment & shame about my weight, I want to love and accept myself."*



"Maybe this guilt/shame is how I punish myself (or someone else,) or maybe it's how I justify the weight or..." (whatever is true for you)

*"But for **WHATEVER** reason, valid or not, conscious or not, I don't want to let go of this..."*

Tip: Do this 2-3 times, stating it differently each time



Tip: Shake "water off of your fingertips" after neutralizing a reversal

4. Do a set up statement 1-2 times, such as:

"Even though I sometimes feel ashamed and guilty about my weight, I want to accept who I am." ... and/or...

"Even though I'm disappointed by my past failures or lack of results, I want to love and respect myself unconditionally."

"Even though I feeling guilty about my weight I want to love who I am inside."



5. Do the tapping sequence 2-3 times-eyebrows around to top of head:

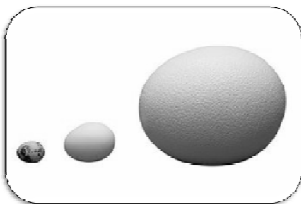
- **1st round:** "This shame, guilt and embarrassment..."

- **2nd round:** Vent - "I'm so ashamed of myself...I'm embarrassed by my lack of control...I feel guilt that I keep failing...I'm letting myself down...etc."

- **3rd round:** Do another venting round, but add in **positive** desire statements; "I want to let this go...this shame and guilt...I'm ready to drop it...this feeling of failure... I forgive myself for being human...etc."



6. Reassess your intensity 0-10, then do 2-4 more rounds (just like step 5) or until the intensity is a 3 or less



7. Do 3 rounds of choices. Start with setup; "Even though I'm still holding on to some (state negative feelings,) I choose to let them go"

-First round tap reminder = negative statements:
"remaining shame (guilt or whatever)

Second round = choices: "I choose to release ___"

-Third round = alternate negative & positive:

EB- these emotions, SE- I choose to eliminate

them, UE- this shame and guilt, UN- I

choose to eliminate them...Ch- these

negative feelings about myself...UA-

I choose to eradicate them, WR- remain-

ing blame and shame...TH- etc.



Continue to tap, on your own or with your partner, until these feelings are neutral



8. When at a zero, test yourself to make sure you are completely clear of negative emotions toward yourself about weight

9. When your negative feelings are gone, tap in positive statements about yourself;

- "I acknowledge myself for not giving up"
- "I'm resourceful"
- "I'm resilient"
- "I can do this"
- "I allow myself to win this time"

After class tap by yourself or with your partner until the issues are cleared and you are feeling empowered. Write down other things you think you need to tap on. This class is the perfect time to work on these issues.

If this applies to you...



**“Even though I’m already confused,
I allow everything to sink in
thoroughly and easily .”
tap..tap..tap ☺**

**Important Answers to Know...
for the this class**

- **When was the last time you were at your ideal weight?**
- **What was going on at the time?**
- **Why do you think you have a weight issue?**
- **Who would be unhappy if you were at your ideal weight?**



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 negative feelings toward yourself about weight
3. **Write down other issues that come up for you about weight;** beliefs this won't work, fears, traumatic experiences that need to be cleared, etc.
4. **E-mail Lindsay any questions for class** or issues you would be willing to work on in class:
LKcoaching-tclass@yahoo.com

**See you next Monday, 6pm PST (9pm EST)
Find login info on your confirmation page**



**To register for the whole class go to:
www.TapAwayWeight.com**
