

Emotional Freedom Technique for cravings

A tapping cheat sheet, with Sandrine Fuentes

Use this quick tapping sequence whenever a craving feels strong. All you need is your fingertips and a few minutes. Follow the points in order, repeat the phrases, and notice how the craving shifts.

One: prepare

Think of the food or the craving you are experiencing right now. Rate its intensity on a scale from 0 (no craving) to 10 (very strong).

Two: the karate chop point

Tap the side of your hand, below the little finger, while saying three times:

Even though I have this craving, I deeply and completely accept myself.

Three: the tapping points

- Eyebrow point. 'This craving.'
- Side of the eye. 'This craving.'
- Under the eye. 'This craving.'
- Under the nose. 'I just let go.'
- Chin. 'I let go.'
- Collarbone. 'I am safe.'
- Under the arm. 'I am safe.'
- Top of the head. 'I am free and safe.'

Four: reassess

Take a deep breath. Think about your craving again. Rate it from 0 to 10. Notice whether the intensity has softened, even slightly.

You can repeat this sequence as often as you like. Each round helps calm your nervous system and creates space for choice.