

Excuse number two. I can never get enough.

Do you ever eat something so good and satisfying that you have to eat more, possibly all of it? Or perhaps you keep eating and eating, but you are never satisfied?

I experience both, going back and forth from – “give me more of that pleasurable substance” – to – “that didn’t do anything for me”. If brownies are in the house I want to eat them, like every 30 minute. I obsess and won’t stop until they are all gone. Other times I eat consciously and know that it is good for me, but it doesn’t give me any pleasure. So I try eating something else like some fruit, and that is boring. And so I finally dip into the Nutello. It is satisfying, but two dips is more satisfying. Finally I am satisfied but with the cost of an extra 300 calories; calories that sabotage my weight loss goal, again.

What feelings do you experience when you eat? Take the time out to really experience your food. The idea is to neutralize the energy around food so that you are empowered to make choices that support your goal. Write down how you feel and then tap on the feelings. At your next meal, write down what you think and feel.

Suggestions:

- I can’t get enough, I never get enough to feel satisfied by my food.
- Food is one of the few pleasures I have left in my life
- I obsess over the brownies until they are all gone:
- I don’t know how to say no to chocolate.
- Nutritious food is not satisfying to me and is boring, I don’t want to be bored anymore.
- Nutello is satisfying and fun to eat.
- I sabotage my weight loss goal when I don’t allow myself to be satisfied by healthy food.
- What I just ate is leaving me wanting more

Go to Meridian Tapping [<http://www.lorigombart.com/Meridian%20Tapping.html>] tap on the following set up phrases:

Even though (statement from above), I choose to enjoy the other pleasures in life.
 Even though (statement from above), I choose to be relaxed about food.
 Even though (statement from above), I choose to forgive myself for thinking/feeling this way.
 Even though I don’t understand why I need to be satisfied by food instead of other things in my life, Even though I don’t allow myself to be satisfied in other areas of my life, I completely love and accept myself.