

One More Bite

Ending Emotional Eating - One bite at a time

Progress Sheet for _____ Date _____

ROUND 1 - ENTER BEGINNING SUD LEVEL

SUD Level ____ to ____

Set-up: **Even though I** _____

1. **I deeply and completely accept myself** _____ (check if used, or fill in alternate below)

Complete one round of Basic Tap*, and check SUD level. Enter the ending SUD number above. Complete "Thoughts on Round 1." If not at a level 2 or below, continue to Round 2 incorporating changes to your setup phrase based on Thoughts on Round 1.

Thoughts on Round 1: _____

ROUND 2 - ENTER BEGINNING SUD LEVEL

SUD Level ____ to ____

Set-up: **Even though I still** _____

2. **I deeply and completely accept myself** _____ (check if used, or fill in alternate below)

OR: **I choose to** _____

Complete another round with the Basic Tap (as above). If utilizing Choices alternate the problem phrase, followed by a choice phrase, finishing with the side of the hand tapping point, so you'll finish on a choice statement. Example: Even though I still have some of this problem, I choose to relax and enjoy the day.

Thoughts on Round 2: _____

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ROUND 3 - ENTER BEGINNING SUD LEVEL

SUD Level ____ to ____

Set-up: Even though I still _____

3. I choose to _____

Thoughts on Round 3:

* Basic Tap: EB (inside corner of eyebrow), SE (outer side of eye), UE (under eye), UN (under nose), CH (chin), CB (collar bone), UA (under arm).

** SUD - Subjective Units of Distress on a scale of 1 - 10, with 1 being very low to 10 being unbearable