



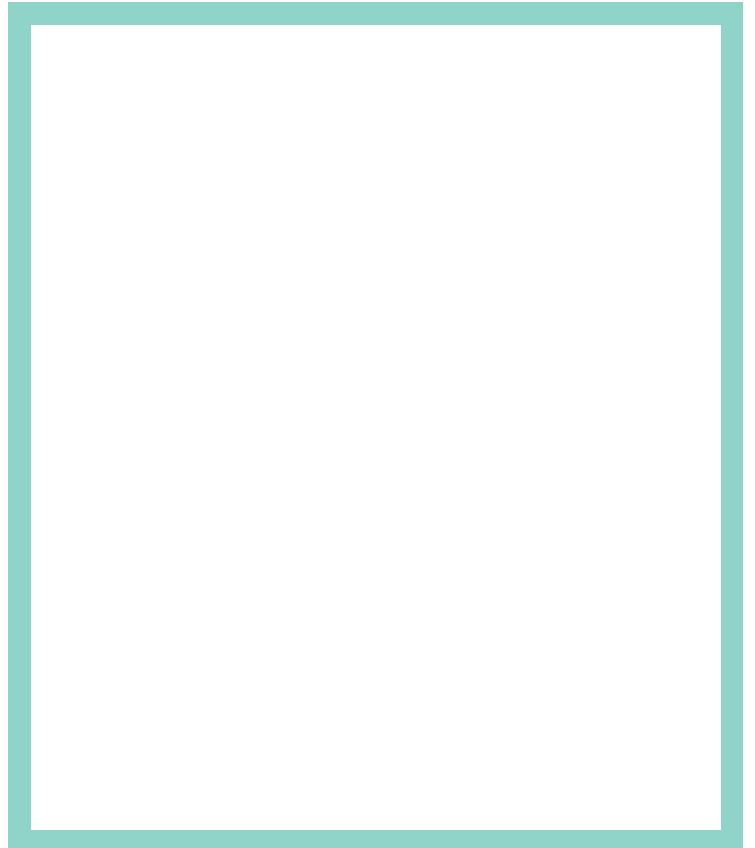
## Tapping for:

# Why Do I Eat When I'm Not Hungry?

MY GO-TO FOODS



WHAT SITUATIONS TO AVOID



MY PROGRESS BEING AWARE OF EATING TRIGGERS

