**EFT Craving buster technique 2**

Only use this technique if you really want to eliminate this particular craving for good! If you just want to reduce the craving use the seven steps to success technique.

**9 STEPS TO SUCCESS**

1. Think of eating something that would be **really** repulsive to you,

(eg a plate of vomit)

1. Next, Imagine a big plate of it sitting in front of you. Now imagine smelling and eating it, as you squeeze your thumb and index finger together. Keep squeezing, imagine the texture in your mouth, the taste, keep squeezing until you feel totally revolted.
2. When you feel a bit nauseous, stop and relax your fingers.
3. Then, think of the food you want stop craving. When you think of it, notice what a plate of it looks like.
4. Now make it bigger and brighter, until its huge, bring it closer and closer until it passes through you and out the other side.
5. Squeeze your thumb and finger together and remember the taste, texture and smell of the thing that would be really repulsive to you

(step 1.) at the same time imagine eating the thing that you crave, imagine it all mixed together, the thing you love and the thing you hate.

1. Keep eating them in your mind, a big plateful, swallow it down, keep squeezing thumb and finger together until you can’t swallow anymore, then stop.
2. Now think of the thing you used to enjoy and notice how different it is.
3. Repeat as often as you like until you have completely eliminated your craving/desire for that particular thing.