



## TWR1 App for Food Cravings

This TWR1 App is for directly eliminating specific cravings.

You can focus on the specific foods you crave and TWR away the desires to reach out for more and more candy, pretzels, nuts or whatever you hunger for.

TWR can be of enormous help to you because:

- TWR acts rapidly and deeply, getting to the roots of your problems.
- TWR can be used discreetly, avoiding any embarrassment of others seeing you use it in public.
- TWR is so simple that you can remember how to do it in times of high stress or in crisis.
- TWR is safe to use on your own, so you can use it anywhere and any time you need it.
- TWR gives you tools to install positives and meta-positives, after releasing negative issues.

**Comfort eating** is a common issue with food cravings. This is where you eat when you're sad, nervous, insecure, frustrated or in other ways uncomfortable inside yourself or with other people.

TWR1 will often help only a little bit with comfort eating.

**TWR2 is for clearing the feelings that are driving the eating.** Once you have cleared these, your food cravings will decrease. If any cravings remain, TWR1 will help you clear these

Cravings vary from person to person and may vary from time to time.

Cravings for food may be specific or general.

**Specific cravings** are a strong desire to eat particular foods, such as

- Caramels
- Chocolates

- Cookies
- Ice cream
- Licorice
- Pastries
- Potato chips or other salty foods
- Can be any other specific food

**General cravings** are for food of any sort. It's the eating that satisfies the craving, without regard to what you eat.

All cravings may be mild or strong at different times.

This app for food cravings expands on the free TWR1 – basic general app. It will be helpful to you to have details of the TWR Method from this app. ([Click here for this free App.](#))

TWRapp site is under construction. New Apps will be added periodically.

**Sign up for our Newsletter at the bottom of this app** to see the latest apps as they are posted on this site. We welcome your feedback on how the Apps help you.

## 1. Practical management of food cravings

Common sense should prevail first, with containment measures.

### **1a. The first bite of foods you crave can be a trigger to eating more and more.**

To avoid getting triggered by first-bite foods:

- Eat regular meals, so that hunger is not an issue.
- Limit the availability in your home of foods you crave.
- If you crave a particular foods, stay out of stores that sell them and avoid the aisle in the market where these are shelved.
- Avoid fast foods if you can, because they contain chemicals that increase your appetite, such as MSG (monosodium glutamate – often listed as a corn product or other disguised name) and aspartame. These chemicals are also bad for your health.

### **1b. Be patient with yourself when you have known causes for your food cravings**

Certain medications have side effect of increased appetite, including many antidepressants and strong tranquilizers.

Premenstrual hormones may generate a strong appetite.

Pregnancy may produce odd or general food cravings.

TWR may help you deal with all of these.

### **1c. Attend to general health needs and practices**

- Exercise regularly
- Get regular and adequate sleep
- Avoid coffee, alcohol and amphetamines

### **2. With all of your TWR practices, it is helpful to record the exact words you are saying when as you use TWR.**

Having a record of what you say enables you to:

- Repeat your focus statement when it has been helpful
- Sharpen and improve your focus
- Return at later dates to use your successful TWR statements for focusing
- Reinforce your progress

### **2a. A written record**

Here is a suggested format for recording how you are using TWR:

DATE

SUDS PROBLEM FOCUS STATEMENTS (PFS) + COUNTERACTING  
AFFIRMATIONS (CA)

PFS: Even though I feel...

When I think about or when I remember

CA: I still love and accept myself wholly and completely  
(Or insert whatever strong positive statement feels good to you)

(After you have done a round of TWR tapping + affirmations, note your SUDS again on the next set of data and repeat the process till your SUDS is down to zero.)

SUDS PFS: Even though I feel...

When I think about or when I remember

CA: I still love and accept myself wholly and completely  
(Or insert whatever strong positive statement feels good to you)

(Repeat until SUDS is '0')

## **2b. Voice record**

Using your mobile phone or other recording device to track what you are saying may be a help to you.

Many people find it easier to go through the TWR process with such guidance, or with the guidance of a TWR instructor. This allows you to focus on the thoughts, memories and feelings – rather than on remembering the specific words you are using.

## **3. TWR1 for specific cravings**

TWR1 can stop many cravings directly.

Specific cravings are often more easy to clear. It is well worth your while to use the TWR tapping and affirmations directly on the cravings.

I have been repeatedly surprised, and many clients and workshop participants have been very pleased with how quickly and thoroughly it is possible to clear many simple cravings.

### **3a. How strong are your cravings?**

Start by checking how strong your cravings are at this moment, on a scale of 0 (no pain) to 10 (worst it could be). This is called the SUDS (Subjective Units of Distress Scale).

(You can see more about the SUDS by clicking on the 'Progress' button at the left of the TWR screen in the TWR1 – Method App. [Click here](#) for this free App.)

### **3b. Start your TWR tapping**

Use whichever alternating, right-left tapping is comfortable and works best for you. You can tap on your forehead; with crossed arms, on your opposite bicep; on your lap; or with your feet on the floor.

Tapping helps connect with your inner wisdom. For more details see TWR1 – Method App. [Click here](#) for this free App.

**3c. FOCUS your attention on your anxieties and related issues, saying to yourself:**

“Even though I feel this strong craving for [insert specific food or class of foods],  
(Describe in detail your own emotional feelings and physical sensations when you feel your  
cravings)

when I think about or when I remember [insert situations that trigger your cravings]

**Examples:**

*“Even though I want to reach out and grab some chocolates whenever I’m at a party and  
they’re passing them around”*

*“Even though I can’t go down the candy aisle at the store without picking up the biggest  
bag of caramels they have”*

*“Even though I have a stash of potato chips in the kitchen, and when I crave sweets and  
open the bag, I can’t stop eating till they’re all gone”*

**3d. Recite your strongly positive reinforcing statement:**

“I still love and accept myself, wholly and completely”  
[Or any other strongly positive statements that work for you.]

(For more details see TWR1 – Method App. [Click here](#) for this free App.)

**3e. Take a deep breath**

This deepens the release throughout your body and your whole being.

**3f. Check your SUDS again, repeating this entire process as above until your SUDS is  
down to zero**

**3g. When your SUDS is down to zero, install positive thoughts and feelings to replace the  
cravings you have released**

Start your TWR tapping.

Check how strong your positive thoughts are, using the SUSS (Subjective Units of Success  
Scale).

**Example:**

"I feel so good that I can see [chocolates - or insert any other food you crave] and be able to give them a pass, without much thought."

And add your strongly positive reinforcing statement, such as  
"I still love and accept myself, wholly and completely"

Repeat this until your SUSS (Subjective Units of Success Scale) is at a '10' or higher.

If you have succeeded in bringing your SUDS down to '0' and your SUSS up to '10' you can give yourself a pat on the back. Often, this is a sign that you have freed yourself of these cravings permanently.

If your single food cravings ever return, you can use this procedure again and expect better and better effects.

#### 4. TWR1 for general food cravings

You may simply crave food in general. You may feel hungry

- at particular times of day or night
- if you pass a food market or a favorite restaurant
- when you are stressed (this is comfort eating, discussed in more detail in a separate App)

##### **4a. Follow the procedures in (3a – 3g) above**

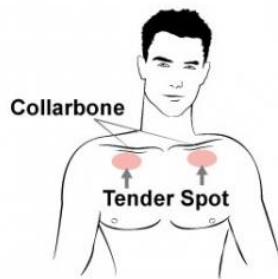
If you find your SUDS going down to '0' and your SUSS coming up to '10' you can give yourself a pat on the back. Often, this is a sign that you have freed yourself of these cravings.

If your cravings get triggered at a later time, you can again TWR them away. Most people find this gets easier with practice.

#### 5. If you get no change with tapping

If your SUDS is not coming down, or if your SUSS is not going up, here are steps you can take:

##### **5a. Give yourself a massage for 15-30 seconds at the tender spot releasing points**



**5b. Review your focusing statement and affirmation to see if you can make them clearer and stronger.**

Clarify more detailed or more intense descriptions of your feelings and memories in (3c). Then repeat (3a-3f) above.

**Examples:**

**Doesn't work:** "I'll try to do better."

**Problems:** "Trying" is a halfway excuse for not really doing something.

"Do better" is much too vague, not saying how you'll do better or when you're promising to do it.

**Works:** "I'll put all of my stashes of snacks [in the food bank bin at church/ the trash bin on the corner, outside my house] today, right after I finish this TWR session."

"I'll never, ever buy another snack food again."

"I'll practice my TWR before each meal and in the evening, when I'm prone to go on a food binge."

**Doesn't work:** "I'll stay happy and not go into my funks where I start to binge eat."

**Problems:** Not specific enough. No starting date or specific steps promised.

**Works:** "From now on, I'm going to use TWR every day during my commutes to and from work, to clear my stresses and uncomfortable feelings so that I avoid getting into comfort eating."

"I will make a list right now of each issue that triggers me into comfort eating and TWR away all of them, from worst to least, working on them every day [when I'm fresh, after breakfast/ during my lunch break, when I'm not prone to comfort eating/ after dinner, when I feel the habit cravings of snacking while I watch TV], writing down my progress every day."

**6. Cravings may be triggered by various situations or feelings**

Many different issues can set off cravings. Often these are related to stress, anxieties and other feelings. This is *comfort eating*.

### **6a. General triggers common to many people**

You may feel either specific or general cravings, or both, when:

- You have particular feelings, such as depression, anxiety, shame, guilt, boredom or other emotions
- You are anticipating certain common events, such as visits with family, making a presentation at work, facing an upcoming deadline, or other situations that are stressful.

### **6b. You may identify triggers that are specific to you:**

- Studying for difficult exams in a particular subject
- A particular encounter, such as your mother in law visiting, meeting a person of the opposite sex (a specific person or in general)
- Particular food smells
- Particular times of day
- Feeling lonely

### **6c. Clearing particular triggers with TWR 1**

Follow the procedures in (3a – 3g) above

If you find your SUDS going down to '0' and your SUSS coming up to '10' this is great. Often, this is a sign you've freed yourself of these cravings.

If your cravings ever return, you can use this procedure again and expect better and better results.

If you find your cravings are not clearing completely with TWR1, you may want to explore reasons behind the cravings that you can clear. The TWR2 App for clearing roots of food cravings behind comfort eating can help you do this

## **7. It may be helpful to start your TWR work with Dr. Benor's support.**

You can book a consult by [clicking here](#).

Dr. Benor can help you learn and apply the TWR procedures.

TWR is easy to use but your habits may be firmly set and a challenge to change.



[Dr. Benor](#) has many years experience in helping people identify the issues and blocks needing clearing. He can also show you how to install varieties of positive thoughts and feelings to replace whatever you release.

Dr. Benor's TWR eBook, "7 Minutes to Natural Pain Release" can also be helpful. [Click here to order this eBook.](#)