



TWR2 App for Comfort Eating

This TWR2 App is for clearing roots of food cravings.

After you have used TWR2 to clear whatever stresses, traumas, or other troublesome memories and feelings you identify, you may find you no longer have the cravings.

If they are still present, you can use TWR1 on the specific foods you crave and TWR away the desires to reach out for more and more candy, pretzels, nuts or whatever. See the [TWR1 App for Food Cravings](#).

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.
- TWR is available any time you want or need it.

The TWRapp site is under construction. Apps will be added periodically. Sign up for your Newsletter at the bottom of this window to see the latest apps as they are posted on this site. We welcome your feedback on how the Apps help you.

1. Clearing Comfort Eating with TWR2

TWR2 goes deeper, enabling you to identify psychological causes for cravings that may be quite complex.

Comfort eating is a strong indication that there are uncomfortable thoughts or feelings that are driving you to eat. Eating can give you a good feeling of having something sweet in your life, of nurturing yourself and of being full. You will feel a small measure of comfort, for a short while.

The problems with comfort eating are:

- Eating is an inadequate replacement for whatever is needed to deal with your discomforts in life. It gives you too little and is only effective for a brief while. No matter how much you stuff yourself, you cannot remove or fully satisfy your emotional or mental cravings.
- Eating puts on weight, creating physical problems of obesity, high blood pressure, diabetes, complaints from your muscles and skeleton that we're carrying too much weight, hormonal dysfunctions, problems with your self-image, and more.
- Comfort eating is a sign of inner unhappiness. Often, your unhappiness started many years ago. Comfort eating doesn't lessen your underlying unhappiness. It ends up making you more unhappy.

When you have difficult emotional experiences or traumas you may continue holding trauma memories in your unconscious mind for a long time. Such memories often cause health problems and physical symptoms.

Cravings are common ways used by buried trauma to get your attention.

Any trigger for cravings may be an invitation from your inner self to clear left-over painful emotions and memories from the past that were buried outside your conscious awareness.

Having a conversation with your cravings can be enormously helpful. Always remember your symptoms are alerting you to messages from your deeper self.

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

Having your written record 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. 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 phone or other recording device to track what you are saying may work for 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. The TWR2 process

Every step is important. I encourage you to explore each one to see how it works for you. You can adapt any of these steps so that it works best for you.

3a. How strong are your cravings?

Start by checking how strong your SUDS (Subjective Units of Distress) is for your cravings are at this moment. '0' = not at all and '10' = the worst they could be.

You can see more about the SUDS, including ways to keep notes on your progress, by clicking on the TWR Method App at the bottom of this screen .

3b. Start your TWR tapping

Use whichever 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.

3c. Ask yourself the following questions

Take your time to listen carefully to all the answers. Ask each question at least 3 times as there may be multiple answers to each one.

Q1: What do your cravings want you to know about your life?

Reflect on whatever answers come to you. It will be helpful to write down the answers you get.

Check your SUDS level after each answer. If the number has come down with the answers you get, this is a good sign, suggesting your body is pleased you are listening to it.

If the SUDS goes up, it is equally a good sign, acknowledging you're connecting more solidly and deeply with your inner symptoms so they can fully inform you how to bring more healing into your life.

Examples:

Here are a few common responses with cravings symptoms. (The messages from your own trauma may be entirely different and specific to your personality, body language and situations.)

- "I'm hungry for [companionship; stimulation; change; other missing element in your life]"
- "I'm feeling an emptiness since [important person in my life left/ my pet died/ my daughter/son went away to college/ etc.]
- "I feel unsafe since [trauma in your life] and need to put on a layer of armor (fat) for protection"
- "I feel [sad, guilty, angry, bored, other feelings] and eating gives me a bit of a good feeling, so I don't feel the bad feelings as strongly – at least for a little while."

It's important that you listen to your own symptoms for the personal messages they want you to hear. They may want to give you information about something totally different from anything listed above.

Also ask yourself "When did my symptoms begin, and what was going on in my life at that time?" Your symptoms may be about something specific that happened a long time earlier. Symptoms can persist like a broken record.

After completing a round of tapping + focus statement + counteracting affirmation, check your SUDS level. If the number has shifted after Q1, again this is a good sign, suggesting your cravings are pleased you are wanting to respond to them.

Be sure to write down what you're discovering, so you can TWR away whatever you find that is fueling your cravings.

Now ask yourself the next question, making sure you continue your tapping.

Q2: What do your cravings want you to do differently in your life?

Consider carefully the answers you get to this one, again writing them down.

Here are a few common responses with cravings. Don't take these as THE messages from cravings. The messages from your own cravings may be entirely different.

- We (your cravings) want you to program more [down-time; fun-time; family time; sleep time] into your life.
- I [your craving for sugar; eclairs; Hershey bars; doughnuts; other sweets] want you to find a job with more fulfillment.
- These feelings of [abandonment; loneliness; betrayal] from the divorce are stirring a whole pile of buried feelings from lean times in your childhood, and your cravings would like you to clear these feelings that you stashed away when they felt overwhelming and you didn't have the tools or support to deal with them.
- We (your cravings) would like you to party less and study for your exams more, so you won't get so stressed.

Again, it's important that you listen for the specific messages your cravings want you to hear. The above are random common examples.

And write down all the answers you get.

Check your SUDS level, then, proceed to the last question, making sure you're tapping again.

Q3: What do you promise faithfully that you will do in response to what your cravings have just told you?

This is for many the most difficult one. Your promise has to cover the issues raised by your pain, and must also be specific as to what you will do and when you will do it.

When the SUDS goes down or up, it is a sign that you are on the right track. If it doesn't shift, you may get further messages if you pursue these three questions further and change your responses in your dialogue with your body's messages.

If you SUDS still doesn't change, and you feel you have gone as far as you can in this dialogue, consider the possibilities below.

4. Common clarifications that help the SUDS to change

4a. If your statements are not quite on target, the SUDS will not change. You can tweak how you state your issues and the SUDS will then shift.

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 promise to throw away my stashes of sweets at home and at work today. I'll stop buying candy and will use TWR any and every time I feel a craving for sweets."

Doesn't work: "I'll let people know I don't eat party foods."

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

Works: "From now on, I'm going to say, 'Thank you,' to my family and friends when they offer me party foods, 'but I'm watching my diet and I'm not eating sweets or snack type foods.' I'll tap with my feet and use TWR silently and discretely to stop my cravings."

Doesn't work: "I'll stop stuffing down my feelings by eating."

Problems: Not specific enough. No starting date or specific steps promised for eating or for dealing with feelings.

Works: "When I feel a food craving I'll ask myself, 'What difficult feelings am I wanting to stuff down? I'll TWR away the feelings, install positives to replace the troublesome feelings, and if the cravings are still there I'll TWR them away too. Then I'll install and strengthen my positive statements about how well I'm doing with my plan to eat normally and let my cravings be a thing of the past.'"

Examples:

- 'Todd' (assumed name) was a very quiet, 32 year old employee in a computer software business, pleasant when approached by others but never initiating conversation himself. He struggled with comfort eating while watching TV, which was his main form of relaxation. He had no close friends and had never dated.

Using TWR2 on his comfort eating, Todd asked his cravings what they wanted him to know about his life. He immediately recalled that his comfort eating had started in the second grade, after his teacher criticized him repeatedly in front of the class whenever he didn't give the right answers when she called on him.

Todd's parents also impatient and critical of him for not being a quick learner like Todd's older sister. Todd's mother considered herself incompetent to help Todd with his schoolwork. She had not continued in school past the 8th grade because her mother had become ill and she had to take over a lot of the household duties, including minding her younger brothers. Todd felt he had no support at home, and ended up comforting himself by snacking on sweets.

Todd felt unprotected, attacked and therefore unloved by his parents, attacked by his teacher, and embarrassed in front of his class. He resorted to comfort eating to take the edges off his emotional distress and perceptions of being unlovable.

TWR2 helped Todd release his feelings and thoughts of being inadequate, stupid, incompetent, and unworthy of being loved.

TWR1 helped him deal directly with his sweets cravings, which were strongest when he was watching TV.

Best of all, Todd was able to strengthen his sense of being a likeable person, to the point that he was able to be more outgoing. With another few months of practicing his TWR, he also started dating.

- 'Gerri' was a bright and personable student. She was distressed, however, to find herself needing to work much harder in university than she had ever had to do in her home-town high school. Without being consciously aware of it, she developed a habit of nibbling on pretzels and potato chips when doing her homework, and particularly when studying for exams.

Gerri started finding it hard to fit into her clothes. It was then she realized she was craving snacks when she was anxious. This comfort eating calmed her a little but she was unhappy with putting on weight.

Using TWR1, she was able to reduce her cravings only a little bit. Shifting to TWR2, she clarified to herself that her cravings were telling her she missed her parents' support when she was anxious or distressed. She was also at a large university, studying with a select group of good students from all around Pennsylvania and outside states as well. She had difficulties in competing in this select group of students.

Her cravings were asking her to install positives to replace her worries and to provide self-praise to replace her parents' praises and encouragements that had been so supportive when she lived at home. As Gerri TWRed in positive beliefs and built her self-confidence, she very soon found her cravings dwindling and then stopping completely.

- 'Ellie' suffered from a cookies craving. She was distressed that she was slowly but steadily gaining weight and was now having to buy extra-large clothes. She was anxious that her husband might start to find her unattractive, and was distressed to be setting a poor example for her children.

Ellie had lost her mother in an auto accident when Ellie was 15. Her mom had been the most important person in her life. "She was a stay at home mom, always there for me and my five brothers and sisters. I soooo missed her cookies and chatting with her when I came home from school."

She was the oldest child and had to stand in for her mother, as her father worked long hours and there were no other close family members to help. Her cravings for cookies had a clear memory-trigger. Whenever she felt loneliness, separation, tiredness, or sadness come up in her life, the cravings for cookies were overwhelming.

TWR helped Ellie release her memories and feelings of grief over her mother's death, and her sense of overwhelm when she had had to be a surrogate mom for her sisters and brothers. As she released these with TWR2, her cravings lessened considerably. She was then able to clear the remaining cravings with TWR1, working on the cravings themselves.

Ellie and her husband were pleased and relieved to see her weight coming down, and delighted to find that dieting was no longer a problem.

- 'Max,' a 42 year-old computer expert in a large company, came for help because he couldn't stop himself from eating pizzas. His doctor warned him that his blood pressure was up because he had gained nearly 100 pounds in three years, and that he'd have to go on blood pressure medication if he didn't bring it down.

Working with TWR1 directly on his pizza cravings did little for Max. TWR2 helped him connect with a huge load of feelings he was 'stuffing down' because he had never had anyone talk with him about the connections between stress, emotional overwhelm and eating.

Max had lost two jobs previously due to downsizing and a corporate takeover. He was working extra hours to make ends meet – supporting his wife, who worked as a waitress, and three young children. He felt scared and angry about his unstable work situation; frustrated about not being able to get ahead in his career and not bringing home a good paycheck; and guilty that he was unable to be at home more with his wife and children.

TWR2 helped Max connect with and clear a lot of his feelings. He was a warm and sensitive man, much more connected with his emotions than most of his peers. Part of the reason he was 'swallowing down his feelings' was that he had little time to spend with his wife since having to take on the second job three years earlier.

The part of TWR2 that helped the most was installing and focusing on positive thoughts and feelings. He learned to release his frustrations and other negative emotions when they arose, and immediately to connect with and strengthen anticipations of spending time (however limited) with his wife and children.

As he succeeded more and more in using TWR, his cravings diminished. He was well on his way to losing weight and lowering his blood pressure at his last TWR Skype session.

5. TWR1 tapping to further reduce your cravings

After you've processed the three questions, if your SUDS is not down to zero, you can reduce your cravings further by direct TWR1 tapping on your specific food issues.

5a. Consider carefully: Am I ready to let go of all of my cravings NOW?

Listen to your inner guidance. Your inner self may feel that you've made enough progress at this moment. It may not be ready for you to release all of the cravings just yet, until you've given yourself a little more time to see whether having less cravings is safe.

If you can identify the specific reasons for holding onto the cravings at a lower level of intensity, you may still be able to use TWR1 to release them and to clear the cravings entirely.

If you don't feel confident about this, you may find it helpful to book a consult with Dr. Benor by clicking on the button below.

Example:

'Joan' was sexually molested by an uncle when she was 10 years old. He threatened to kill her and her younger sister if she ever told anyone about it.

Joan started to put on weight shortly afterwards. She had no memories of what had happened until she started using TWR1 on her cravings for food (in general), with only modest success.

A few weeks into using the tapping and positive statements, Joan started to feel anxieties when she was snacking. In just a few phone consults with Dr. Benor, Joan was able to connect with her buried memories and clear them, using TWR2.

Her food cravings rapidly dwindled to a SUDS level of 3, once she cleared her traumatic memories, but would not go any lower.

When instructed to check whether she still felt unsafe about letting go of her anxieties of being molested again, her SUDS went up to an '8'. She realized her inner self held the meta-belief that without this meta-anxiety, she might miss cues that would put her in danger of being molested again.

Using TWR1 tapping on this meta-belief, her SUDS went down to '0'. She was then able to release her trauma memories, bringing them down to '0' as well.

Joan was then able to install positive beliefs and expectations about her eating and about exploring the possibilities of safe relationships.

In the following weeks, she was occasionally tempted to snack, mostly out of habit. She used TWR1 to release the last of her cravings.

Joan was also pleased to find she could use the TWR1 to clear her anxieties about dating, which she hadn't realized before that she could do.

5b. TWR1 tapping is available to help you release your cravings.

See the [TWR1 App for Food Cravings](#) to get further details on TWR1 procedures and on dealing with blocks to releasing cravings.

6. A consult with Dr. Benor, originator and teacher of TWR can help you If you experience difficulties reducing your pains to zero or installing positives to replace the negatives you have released.

[Dr. Benor](#) can help in person, by phone or Skype. [Click here](#) to book an appointment.

Example of how Dr. Benor can help:

'Cindy' (assumed name), a 26 year old, single secretary, didn't remember when her food cravings began. She only recalled that when she was 14 years old she began putting on weight, and has never been able to take it off since then.

In dialoguing with her cravings, and also with her excess weight, Cindy became aware that she felt she needed to be heavy in order to feel safe. Neither TWR1 nor TWR2 worked for her on this issue. She was surprised, because TWR1 had helped her with fears of flying and with migraine headaches.

Cindy contacted me (Dr. Benor) for help in using TWR for her cravings. I was able to help her explore her problems more deeply, to clarify the issues behind her cravings and her need to 'armor' herself by being overweight. She discovered with TWR2 that she had been raped by an older cousin when visiting in her aunt's home at age 14. He had threatened to kill her if she revealed this incident. Being fat was the way her inner self was protecting her from feeling unsafe with men.

Without the fears that had led her to 'armor' herself with layers of fat and to make herself less attractive to predatory men, Cindy's cravings gradually ceased.

Cindy gradually lost weight and with further help of TWR1 and TWR2 she was able to overcome her trauma anxieties and started dating. She called me about a year and a half later to let me know she was engaged to marry an old high school friend.