



## The Action Steps

1. **Set Up A Pause Mechanism:** Knowing that much of your emotional eating happens without total awareness, set up an easy mechanism that makes you pause before you go to get unplanned food, whether during a fast or between meals. As you practice this pause, ask yourself what is going on that you are seeking food outside of your plan. Check-in with what you are feeling. Then based on the answers you come to, identify what you actually need rather than food to help you be with or work through this emotion.
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2. **Uncover The Attachment to a Food:** If you find yourself really struggling with a particular food, take some times to reflect on whether you connect it to a particular set of positive memories, a bond with a loved one, or even as an escape that helped you through difficult experiences or times. Then journal or meditate or take notes that help reinforce for you that the memories are in you not in the food, the bond is with that person not the food experience, or that you have abilities to get through painful or really difficult things rather than relying on that food.