

A time when I wanted to eat something off plan:

What I felt

What I did

A time when I wanted to eat something off plan:

What I felt

What I did

A time when I wanted to eat something off plan:

What I felt

What I did

How effective was this
day/week



MY COPING STRATEGIES

for dealing with stressors while fasting

IN THE MOMENT

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-
-

THINGS TO CONSIDER

LONGER TERM

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-
-

MORE IDEAS...

"We learn to connect eating with emotional management or feeling good from the time of infancy. So you're not flawed or broken or damaged if you eat emotionally.

But there are things that you can learn about how to interrupt that pattern and change it so that it doesn't set you back in your goals for your health or your weight loss."

~ Dr. Terri Lance



Emotional Eating

Knowledge

For most of us, emotional eating is an automatic response. Tension rises up somewhere in us. And sometimes we're not even aware that it's happening. And we find ourselves standing at the refrigerator or in front of the cupboard. We're numbing ourselves. We are intervening so that we don't have to experience whatever that discomfort is.

The first step in addressing emotional eating is to work on slowing down that process. Part of your brain is getting activated and wants to seek relief right away. And it's not engaging the part of your brain that will help you make sense of it. When we're coming from an emotional response, we probably are not yet engaging our prefrontal cortex. This is a newer part of our brain, and it's a part of our brain that is responsible for rational thought, decision making.

Formal Practice

Start by finding a way of slowing down the process. Start with a small step first. Maybe with putting your hand on the countertop as you round the corner into the kitchen then taking a breath?

- How can you slow down your behavior habit just a bit and make it work for you?

- What identifying triggers and responses do you have that cause your emotional eating?

- Begin exploring why you are self-soothing with food.

- Identify pain points during emotional times (positive and negative) that lead to emotional eating.

- How does the food make you feel in the moment vs. 10-min and 2-hrs later?

- What negative emotions trigger eating?

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- What positive emotions trigger eating?

- What support in each instance would help you the most?

Resources

- [Continue course: Behavior Basics.](#)
- [Healthy Emotions Meeting in the Community.](#)
- [Quickstart Guide to Eating](#)
- [Group Habit Challenge](#)

Worksheets

- Set Up a Pause Mechanism
- Uncover the Attachment to a Food

Books

- [“The Emotional Eater’s Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting,” by Julie H. Simon](#)
- [“Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict.” by Tsultrim Allione](#)

Podcasts

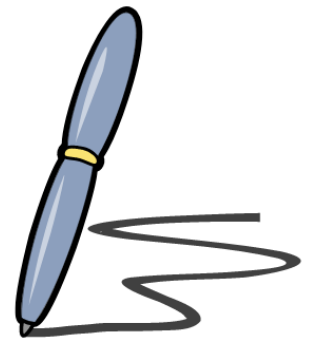
- [How to Make Better Decisions Under Stress](#)
- [Time to Pause and Reflect](#)

Review Previous Week's Goals; were they met or not met?

My Practice Intentions for the Next 7 Days Are:

Are you setting goals or intentions every week? If so, review your previous week's objectives, then evaluate and troubleshoot and discuss your progress with your Coach and/or your group. What is it you are struggling to change? Unhealthy foods, inconsistent fasting, stress eating, late night eating etc.?

Interrupting Emotional Eating



You can practice interrupting emotional eating by using this process.

A. Identify what you are feeling currently:

B. Go through list and identify which of these will be resolved by eating the food you are wanting:

C. Ask yourself if there are any possible negative feelings that will be added to this list:

D. Is eating the food worth the outcome...
