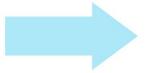


## **EMOTIONAL EATING**



## NEXT TIME YOU CATCH YOURSELF SAYING...



"I feel fat"... or "I'm SO stressed"... or "I need [X] food"...

## PAUSE. AND ASK YOURSELF:

## What am I actually feeling? What do I really need?

Fat is not a feeling. It's a descriptive word.

Maybe you're feeling physically uncomfortable [i.e. bloated, tight clothing, heavy stomach...

Being stressed is a state of being, not a feeling.

How is your stress manifesting itself? Are you irritable, tired, anxious, lonely?

You need emotional healing, not emotional eating.

What core emotional need is being triggered right now?

- Lack of safety
- Loss of autonomy
- Unable to act spontaneously/play
- · Loss of freedom to express yourself
- Lack of limits/control