



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