

what are you really hungry for?

This exercise will help you bring more awareness to your emotional cravings and help end emotional eating once & for all.

Next time you find yourself craving a certain food, or next time you are drawn to food to cope, I want you to pause and just notice any feelings that come up for you.

The key is to stop judgement, and instead just be curious...

Notice that you're feeling a particular emotion. Can you name it? Where do you feel it in your body? Have you felt this before?

If you choose to eat the food, go ahead! BUT... do it MINDFULLY. You need to chew every mouthful 30 times and notice the taste, the texture, the smell. Really sloooow down your eating. If you're going to eat it you might as well enjoy it!

what do you feed your feelings?

List out some of the most common negative emotions that come up for you, and the foods you tend to reach for to cope.

FEELING

FOOD



better ways to cope

Remember, if you are an emotional eater, you don't have a food problem, you have an emotional problem. We need to find better ways for you to cope with the emotion so that you stop looking to food.

List out the common emotions that trigger you to eat emotionally and come up with other ways to balance yourself.

For example, if you feel lonely and turn to food to feel better, what you're really hungry for could be connection with others. So you could write out "call my best friend for a chat" or "join a book club"

FEELING

WHAT COULD YOU DO TO MEET THIS NEED OR DESIRE?

