

Why We Do It

Describe your current relationship with food.

What patterns do you notice with your overeating? When? Why? With What?

Are you eating before you're really hungry or after you're already starving? How do you listen to your appetite?

Do you punish yourself for overeating or emotional eating?

Why do you want to overcome your overeating? Why are you ready now?

If there was a divine reason for your overeating, something within you that was calling to be soothed and healed, what would it be?

What would your ideal relationship with food and body look like?

How would it feel to have freedom with food?

How to Eat

Where are you and what are you doing when you eat each meal. Breakfast? Lunch? Dinner?
Are you just eating or are you either on the go or doing something else while you eat?

What distractions do you notice and need to remove?

How can you support yourself in making that change? Turning the tv off and turning on some relaxing music at dinner? Staying on task at work so that you can take a good break?

How do you feel when you're eating?

How can you support yourself in feeling more relaxed and happy at meal time? Music? Deep breaths? What techniques do you want to start incorporating?

What to Eat

What beliefs about food and body do you need to ditch? Examples are...

- "I can't eat too many calories"
- "That's too high in fat"
- "That has too many carbs"
- "I hate food because it makes me fat"
- Etc...

What foods that you eat FEEL good in your body?

How do you feel after you eat them?

What foods that you eat do not feel good in your body?

How do you feel after eating them?

You should eat these foods about 10% of the time, and eat the foods that feel good in your body 90% of the time. How would it feel to make that change?

Upgrade Your Life

How often are you eating when you are actually hungry compared to how often you are eating just to eat?

The last time you wanted to eat when you weren't hungry, how were you feeling? Anxious? Sad? How did you feel after, physically and emotionally?

Time to make your list!! Write down as many pleasurable activities as possible (at least 15). These should range in amount of money required to spend and amount of time the activity requires. Make sure to include some super easy ones, like walking along the beach or in the woods, or calling your best friend, and then some more lux activities like getting a pedicure or going to a museum.

Whenever you want to eat when not hungry, reach for this list first. Also, in general, try to add an activity from your list every day, and keep adding whenever possible! The more pleasure we have in life, the less emotional and overeating we'll experience. Take care of yourself!

Final Assignment: A Letter to Your Body

This may seem a bit woo-woo, but it is a very powerful experience.

Write a letter to your body. When I first did this, I had a lot of apologizing to do. For years of mistreatment, of speaking horrendous things to her, and not taking care of her. *How have you not cared for your body? By shoving too much food in her? Or starving her? What things have you said to her? What are you grateful for about your body? For letting you laugh? Dance? Growing and birthing your children? Allowing you to cuddle with pets and your loved ones? How do you want to treat her from now on?* Let it flow.

