Level 1-Session 4

Dealing with my emotional eating triggers

Session philosophy

This mp3 session can help you start to address the emotions related to eating. Emotions are a part of our lives. Emotional eating has become a catch phase. However, every aspect of our lives is emotional and much of what we do is habitual or robotic. Thoughts become habits. Feelings become habits. Behaviors become habits. Eating to manage emotions can become a habit.

Emotional eating triggers are simply patterned responses, learned over time. Repetition is the hallmark of learning and a commitment to listening to the mp3 can help to reprogram the robotic subconscious mind. Remember, we form thought, behavior and feeling habits through repetition.

We add an emotional component into the equation at a social and cultural level. From an early age we learn to associate food with feelings. Food is used as a social lubricant, we are offered food to cheer us up, and being fed allowed for some level of contact with the almighty caregiver as children.

Every single day we need to feed our miraculous bodies to stay alive. We also need to stay hydrated so that our magnificent brains can do an optimal job. It feels good to eat. It is a quick way to alter our state of being. However, hypnosis is another way to pleasantly and safely alter our state of being and encourage the release of wonderful feel good, relaxing chemicals into our body.

Remember that emotional eating started as a self loving and nurturing activity. We can trace this back to our early years. Like all patterns it becomes second nature. It plays itself out without our conscious permission when triggered. If we can define emotional eating as a subconscious pattern then replacing it begins with bringing triggers to conscious level awareness.

Journal assignment

1. How was food used in your family of origin to manage emotions?

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2. How do others around you use food to provide comfort now?

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3. How is food used in your environment as a social lubricant now?

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4. What triggers are you consciously aware of that encourage emotional eating now?

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5. What did you notice about your emotional eating patterns when you watched the last week from a distance, using your imagination?

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6. What plan began to emerge as you used the remote control to move ahead into the next week?

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7. What past successes have bubbled up to awareness in terms of making good choices when triggers occurred?

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8. What will be different for you in the week ahead?

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