

MARION HOLT



**HOW
EMOTIONAL EATING
BEGINS**

WORKBOOK



nevereatyoureotionsagain.com

 never eat your emotions again

HOW EMOTIONAL EATING BEGINS

Workbook

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Contact marion@nevereatyouremotionsagain.com

MARION HOLT



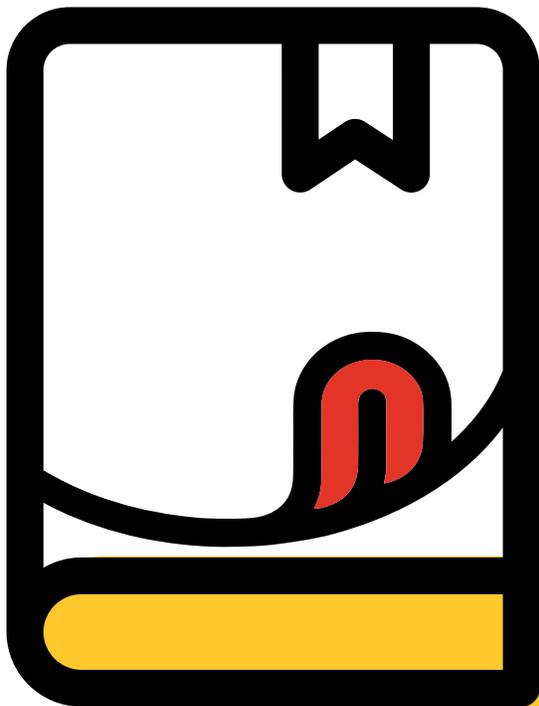
Hey There!



Welcome to the Never Eat Your Emotions Again[®] Program!

You are an Emotional Eater and your relationship with food doesn't feel good? It doesn't have to stay that way. There is not one pattern, not one feeling about food or about yourself that cannot be dispelled. Healed. Dissolved. After working with myself and many others, I witnessed astonishing breakthroughs and steady recoveries to a healthy relationship with food. You can do it too.

My name is Marion, and I am your Emotional Eating Expert. Certified professional coach, I have been an emotional eater since childhood. I was affected by severe obesity most of my adult life. No longer. In this playbook, I share my specific behavioral expertise about how emotional eating starts for most of us, and techniques for efficiently identifying the starting point for yourself.



MISSION & VISION

I've struggled multiple times to lose weight focusing exclusively on eating habits, and exercise. I failed every attempt and ended up being affected by severe obesity. I sought professional help, unsuccessfully. For years, I believed my weight loss was a lost cause. I was able to change my relationship with food when I realized it was based on a **coping mechanism**. Using my behavioral expertise, I addressed the root causes of my way of eating, and finally lost weight.

Now I offer to others in the same situation as mine the appropriate help I sought but never found. I help my clients by **targeting the underlying reasons why they eat their emotions** and building a life where they don't need the comfort of food anymore.

Unlike other approaches, I never talk about food, eating habits, or exercise with my clients. If you struggled as I did, you already know everything there is to know about healthy lifestyles. With me, you will embark on a journey to discover who you are when you don't mute your emotions with food, and make the necessary changes to live a fulfilled life, where you don't need the comfort of food anymore.

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INTRODUCTION

THIS WORKBOOK PURPOSES

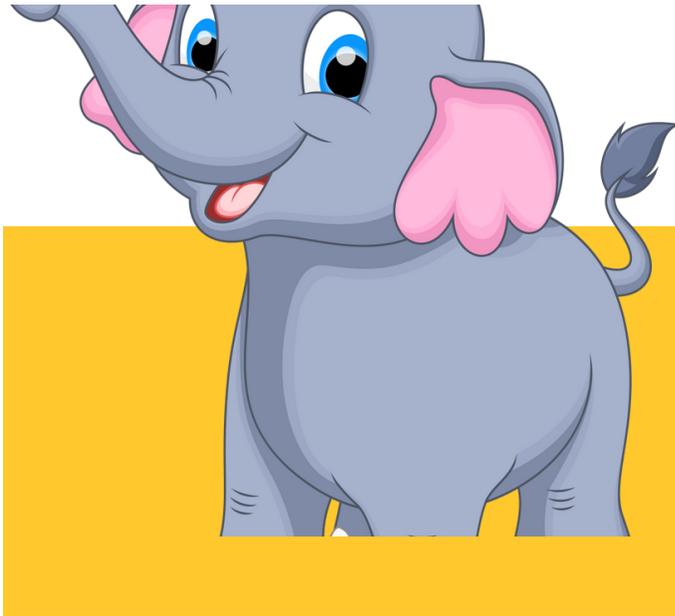
Like me and many others, you probably have lived with emotional eating for a long time. For some of us, it has almost become a part of who we are, and we don't question why we eat without being hungry anymore. But none of us was born an emotional eater. **There is always a starting point.** Usually, it happens at a moment in our life when the circumstances do not allow us to express our emotions in an emotionally safe enough context.

In the beginning, there is a choice. Our choice. **The choice to not express what we feel.** Then we get stuck with those usually intense feelings, and we don't know what to do with them. Our inner tension increases as we lock our feelings in. They end up taking up so much of our inner space that sometimes we are barely able to make it through our daily routine. We start looking for ways to diffuse those unspoken feelings. For us, the way is food. And it works so well that we keep on using it over the years.

Not expressing what we truly feel becomes a pattern, and we get used to eating our stress, loneliness, and boredom away. We don't wonder why we get bored, stressed, or lonely in our daily routine. Neither do we try to bring change so we get less bored, stressed, or lonely anymore. We just eat and repeat the pattern we've been stuck into for a long time.

THE ELEPHANT AND THE ROPE PARABLE





A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held using chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

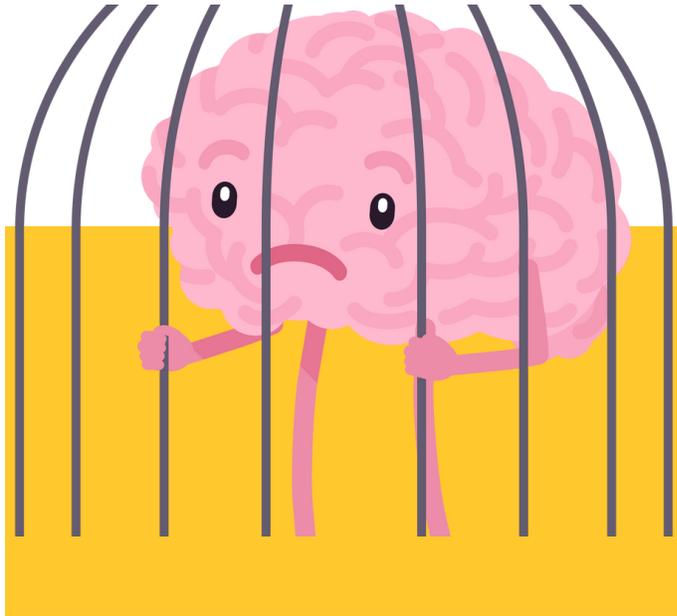
THE ELEPHANT AND THE ROPE PARABLE

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all. Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied: "When they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."



The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.



The way you grew up has molded your perception of yourself, of others, and of the world. Your circumstances as a child shaped what you believe you can do or cannot do.

The space you were given at a young age to express your authentic self defines how you manage your emotions and how you present yourself to the world today.

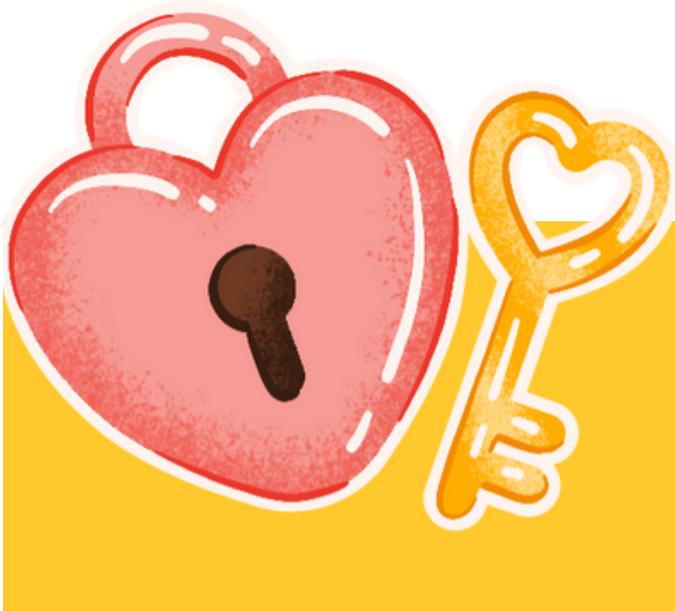
THE PARABLE APPLIED TO YOUR RELATIONSHIP WITH FOOD



If you feel limited in your life today, and you find it difficult to change your relationship with food even though nothing seems to be in your way, you may deal with some **limiting beliefs** you built as a child.

They probably were very real when you were younger, but today, they are not accurate anymore. They continue to limit you, though.
From the past.

The beliefs you hold in your life today were built during your childhood. And they are extremely important because they have the power to influence your reality today.



If you don't change your limiting beliefs, they become a **self-fulfilling prophecy**, and you cannot break free from the chains of your self-imposed limitations.

If you feel limited in your ability to change your relationship with food today, **it is not because you lack discipline or willpower**. It is not because you don't want to lose weight bad enough.

THE PARABLE APPLIED TO YOUR RELATIONSHIP WITH FOOD

If you cannot lose weight today, it is because **something that you cannot see is taking so much energy from you** that the willpower and discipline that you have left are not enough to get out of your current eating patterns.

Changing your relationship with food implies **uncovering what you cannot see yet** and looking at it for what it was when you were a child and for what it has become today. When you face what happened to you, you can **give yourself a chance to heal**. Until then, you will need to cope. And you cope with food. What a vicious cycle we have here!



*Nothing binds you
except your thoughts;
nothing limits you
except your fear; and
nothing controls you
except your beliefs.*

Marianne Williamson

**DO YOU CARRY AN
UNADDRESSED
TRAUMA?**



Signs of Unaddressed Trauma in my Behavior

ASSESSMENT

Often, when someone deals with internalized trauma, they are stuck in unhealthy coping skills, like emotional eating. Recognizing the physical and emotional symptoms triggered by unaddressed trauma is one first step toward healing and the ability to develop effective ways of dealing with it.

On the following pages, you will find some **common signs of unaddressed trauma**. Please check “yes” for those that apply to you, often or just sometimes, and check “no” for those that never apply to you.



Signs of Unaddressed Trauma in my Behavior

ASSESSMENT

01

Sign 1

I am afraid of relying on others: I never ask for help and I reject offers of help, support, or care.

Yes No

02

Sign 2

I have a hard time identifying my strengths and weaknesses, likes and dislikes, and life goals.

Yes No

03

Sign 3

I am harder on myself than I would be even on a stranger; I lack self-compassion and understanding.

Yes No

04

Sign 4

I blame myself almost exclusively, direct my anger inward, and feel guilt or shame about my needs or feelings.

Yes No

05

Sign 5

I feel numb, empty, or cut off from my emotions: I feel unable to manage or express them.

Yes No

Signs of Unaddressed Trauma in my Behavior

ASSESSMENT

06

Sign 6

I am easily overwhelmed and give up quickly.

Yes No

07

Sign 7

I have a low self-esteem.

Yes No

08

Sign 8

I am extra sensitive to rejection.

Yes No

09

Sign 9

I believe that I am deeply flawed and that there's something about me that is wrong, even though I can't specifically name what it is.

Yes No

10

Sign 10

I have chronic anxiety or depression.

Yes No

Signs of Unaddressed Trauma in my Behavior

ASSESSMENT

11

Sign 11

I feel angry or sad, but I cannot exactly say why.

Yes No

12

Sign 12

I have emotional outbursts that I contain by eating.

Yes No

13

Sign 13

I feel an inexplicable sense of loneliness and isolation.

Yes No

14

Sign 14

I am unable to maintain lasting and satisfying relationships.

Yes No

15

Sign 15

I am subject to insomnia or constant nightmares with repeated themes.

Yes No

Signs of Unaddressed Trauma in my Behavior

ASSESSMENT

16

Sign 16

I feel an inexplicable sense of loss and mourning.

Yes No

17

Sign 17

I have unexplained aches, physical pains and/or chronic fatigue.

Yes No

18

Sign 18

I display emotional eating and addictive behaviors in general.

Yes No

19

Sign 19

I have a lack of motivation and I really don't have the wherewithal to do much of anything.

Yes No

20

Sign 20

I feel hopeless.

Yes No

Signs of Compulsive Eating in my Behavior

YOUR RESULTS

Total Score

How many signs of possible unaddressed trauma do you display in your behavior?

On a sliding scale from 1 to 10, 1 for no chance at all and 10 for very high chances, what do you think your chances are to carry one or several unaddressed traumas?

1 2 3 4 5 6 7 8 9 10

How are you feeling, seeing some potential for unaddressed trauma in your life story? Is it uncomfortable? Does it make sense? Are you trying to fight it? Explain or excuse it? What emotions are you experiencing?

UNCOVER YOUR TRUTH





Remember, there is no such thing as a “non-significant trauma”. Whatever you carry only gets heavier with time.

UNCOVER YOUR TRUTH

Even if:

- What happened to you seems like it’s nothing important,
- You have some very good explanations for why it happened, and you forgive the people who hurt you,
- You think you are overreacting,
- You feel guilty, thinking you might hurt someone if you speak up,
- You think that it happened to long ago and it does not make sense to talk about it now,
- The people involved have now passed or are sick
- etc.



*To find yourself,
think for yourself.*

Carl Jung

YOU ARE ENTITLED TO YOUR TRUTH.

Uncover Your Truth

EXERCISE

Please take a moment to reflect on your past. **Remember one or a few events or situations that were difficult or simply uncomfortable in your early life** (up to around 18-20 years old), and that you can still clearly remember today. Some of them might trigger some discomfort as you remember them, even if you don't know why, or even if you consider those events resolved. That's okay.

This is an exercise that can require you to let things sit a little bit. If nothing comes to mind, just give it a few days, to see if something pops up. In the same way, you might think of something obvious right now, and you can write it down immediately, and a few hours or days later, one or more memories can come back up. Please write them down too.



Uncover Your Truth

EXERCISE

When everything you feel is relevant for this exercise is written down. Let it sit for a few days and forget about it. After a week or two, **come back and read out loud what you wrote.**

Please imagine this is your best friend, your own child, or someone you love dearly, telling you about some difficult events in their life. How would you analyze the situation(s) described? What would you tell them?



Uncover Your Truth

EXERCISE



Remember: if something hurt you bad enough to start your emotional eating pattern, it traumatized you. If you are traumatized, your path to recovery from emotional eating will include addressing what happened. By yourself, or with the help of a professional. If you feel you can discuss these events with the other people involved, that's great, please go ahead. If you can't, it's okay too. They do not need to be alive or willing to participate for this process to be effective.

You are doing wonderful!

This is not exactly a “feel-good” exercise. My goal here is for you to be real and to start healing.

If you are feeling uncomfortable right now, it's actually a sign you have started looking where you couldn't look before. You have started to heal.

Keep going, friend, you are on your way!



*Without the mud,
there is no lotus flower.*

Thich Nhat Hanh



CONCLUSION

THANK YOU!

This has been a difficult workbook to go through. It is okay to not feel at your best right now. Please try to keep negative self-judgment at bay. **You are doing your best.** If you are here today, you have already committed yourself to a change and made the first step. The first one often is the hardest to make. You're on your way, just keep going!

Thank you for your trust throughout this workbook. I know some aspects might have felt uncomfortable. That's the thing about emotional eating: it is the emotionally most convenient choice on a short-term basis, as it allows us to numb ourselves and dissociate from any uncomfortable feeling we might feel. But we both know that in the long run, eating doesn't make us happier.

Today, you made the choice to face where you are in your relationship with food. It means you have now made the first step on your emotional eating recovery journey. The first step is always the hardest, and you have already taken it. Yes, it is already done. Already behind you. How does that feel?

A change is possible. So, what is your next step going to be?



You've got this!



FEEDBACK

DID YOU ENJOY THE WORKBOOK?

I would love to hear your opinion about this workbook, and how to make it a more enjoyable experience. Please email me at marion@nevereatyoureotionsagain.com or directly on [my website contact page](#).

01

On a scale from 1 to 10, 1 for “I did not like it at all”, and 10 for “I enjoyed it very much”, how would you rate this lesson?

02

What has this lesson brought to you? How did it help you?

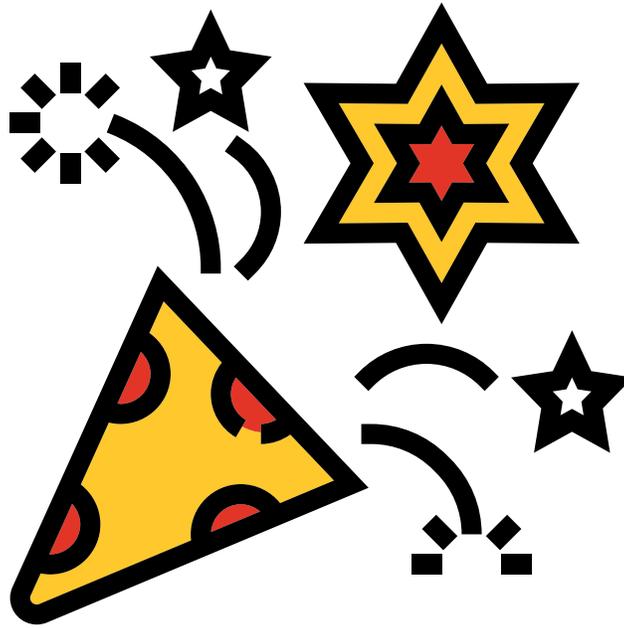
03

What have you become more aware of?

You Did It!

THANK YOU!

This playbook was not easy to navigate and required a lot of introspection. But you have been up to the challenge. Congratulations!



Want more information?

If you want to quickstart your emotional eating recovery journey but you don't know how or where to start, you can learn more about my approach on my website: www.nevereatyouremotionsagain.com

[LEARN MORE](#)

let's connect



Never Eat Your Emotions Again

HAPPY CLIENT

The Never Eat Your Emotions Again Program has been a great way to kickstart my emotional eating recovery journey both with personal, close assistance, but also on my own terms and in my own time. I feel like I have the best of both worlds: individual, targeted help, and freedom.

BLAIR N.

