

CLASS



**BUILDING  
A HEALTHIER  
RELATIONSHIP  
WITH YOURSELF**



[nevereatyouremotionsagain.com](https://nevereatyouremotionsagain.com)

**MARION HOLT**

 never eat your emotions again

# BUILDING A HEALTHIER RELATIONSHIP WITH YOURSELF

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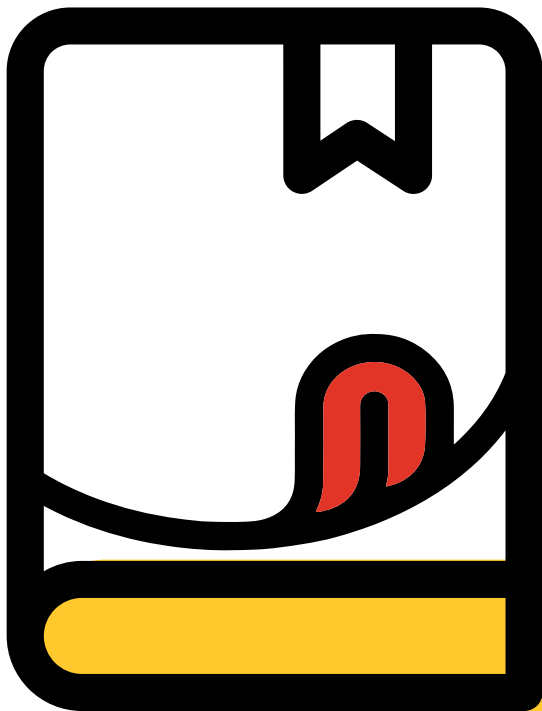
# Hey There!



## Welcome to the Never Eat Your Emotions Again<sup>®</sup> 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 CLASS 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.



## INTRODUCTION

### **YOUR RELATIONSHIP WITH YOURSELF IS ESSENTIAL**

The relationship with yourself is the most important relationship you will ever have.

**Having a healthy relationship with yourself means you are comfortable in your skin, to the point where you don't need to eat to feel whole,** because there is no more inner void to fill up.

Self-love is the best kind of love. It allows us to connect to our soul's purpose and live the life we want. And when we do, there is nothing left to compensate for, and our relationship with food naturally improves.

But **as emotional eaters, anxiety, shame, and guilt are often what we deal with, instead of self-love.** So how do you get from low self-esteem to a positive relationship with yourself? And what does it even look like?

As much as we've heard about self-care, self-compassion, and related familiar subjects, it can be hard to pin down what it means, and what it takes, to develop and sustain a good relationship with yourself. Especially when we have spent years, sometimes decades, not practicing any of these.

From my perspective, having a good relationship with yourself means that, while you know you need other people in many ways, your relationship with yourself has become crucial in making the most of your remaining years. **You are you, and you are enough.**

Here are 5 steps that will help you build a more loving relationship with yourself, and break free from emotional eating.



Being kind to yourself doesn't mean "letting yourself off the hook" or shirking responsibility, but it does mean working toward appraising yourself without destructively aggressive criticism or blame.

*For example, if you slip one night and have a big meal or lots of carbs, it's not the end of the world, and it doesn't jeopardize the weeks or months of effort you've already put in your recovery.*

## BE KIND TO YOURSELF

Please don't let your inner voice berate you. We all slip. Multiple times. Try to identify what pushed you into emotional eating that day if you can, then **forgive yourself and move on**. It will happen again, and at the end of the day, you will still be way healthier and way happier. **You don't need to aim for perfection** to love yourself.

Excessive blaming leads to less effective change in your relationship with food. When self-blame occurs, try to become more aware of it, accept it (no need to blame yourself because you can't stop blaming yourself!), and then **work toward being kind and gentle with yourself**, while also being candid and taking responsibility for your eating choices.



*Excessive self-blaming  
leads to less effective  
change in your  
relationship with  
food.*





All-or-nothing thinking is the enemy of sustainable change in your relationship with food. Many of us jump into a drastic lifestyle change and **want everything to get fixed and all their extra weight gone in a short period of time.** This almost always leads to failure and maintains a negative cycle of self-blame, and more "cracking the whip." Often, this behavior can go as far as self-abuse and punishment. Which is the opposite of a healthy relationship with yourself.

## CULTIVATE REALISTICALLY OPTIMISTIC BEHAVIOR

Some level of frustration with yourself, getting "sick of" how things are or "tired" of being the same way, often precedes change, though. But setting goals you can achieve, and building on them, is a more effective alternative than jumping from one extreme (zero food awareness) to another (excessive control and eating restriction).

*For example,* instead of demanding that you go for a walk four days a week for one hour each time — and messing that up the first week—you can set a goal of going at least once for half an hour. After that, just keep increasing your commitment slowly, a little bit every week. And if you don't meet the new higher goal one week, it simply carries over into the next week.



*All-or-nothing thinking is the enemy of sustainable change in your relationship with food.*



Sometimes life deals us a really bad hand, or we make a decision that we regret and hate ourselves for. At these times, it's helpful to have a personal crisis plan, because these are times in which we are also most vulnerable to falling back on old habits, full-blown emotional eating, and the self-abuse coming with it.

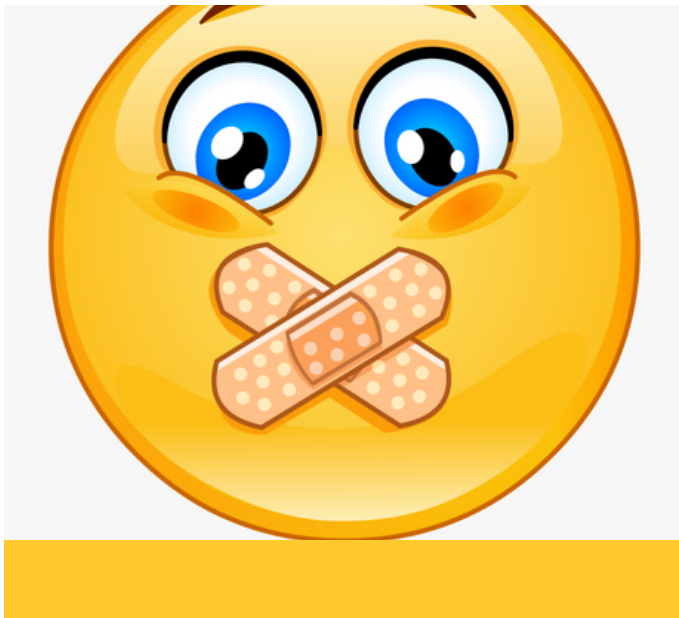
# HAVE A PERSONAL CRISIS PLAN

One simple plan is to expect these difficult times to come and be prepared with ways of understanding how you are feeling, what you are going through, and why. This will help you stay focused on long-term intentions and goals while dealing with the immediate issue.

*For example,* I have clients who dealt with the death of a loved one while adjusting their relationship with food. Keeping up with their new lifestyle was extremely difficult in the beginning but keeping their long-term goal in mind helped them deal with their grief in the long run.



*Sometimes life deals us a bad hand, and it is important we are prepared to not spiral down into emotional eating.*



As Emotional Eaters, **many of us tend to speak harshly to ourselves** (out loud or in our head). Our inner critic can be relentless. Its narrative is negative and sometimes self-destructive. It demoralizes and sabotages us.

Your inner critic greatly influences how you feel and behave. It tells you all the reasons you are not good enough. It is formed from painful early life experiences when you might have witnessed or experienced hurtful attitudes toward yourself or those close to you. It is persistent and continues to judge and berate you consistently.

## **SPEAK DIFFERENTLY TO YOURSELF**

The flood of negative feelings and emotions linked to your inner critic is a great source of stress, self-sabotage, and anxiety. Which all lead to emotional eating, as you seek some relief from these negative feelings.

*Here are a few examples of inner critical thinking:*

- *You are ugly*
- *You are fat*
- *You are not worthy of this*
- *You are stupid*
- *Nobody likes you*
- *Nobody cares what you think or what you have to say*
- *You don't really have any friends*
- *You don't deserve to get this job, or to be loved*
- *You are an impostor*



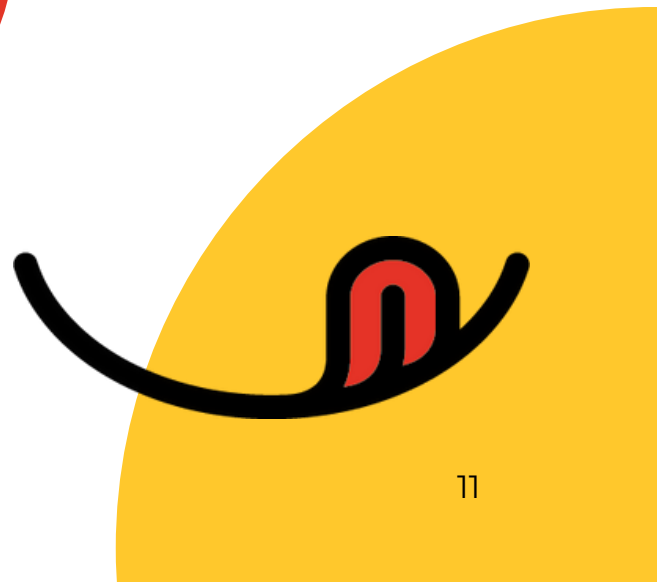
*Your inner critic greatly influences how you feel and behave around food.*

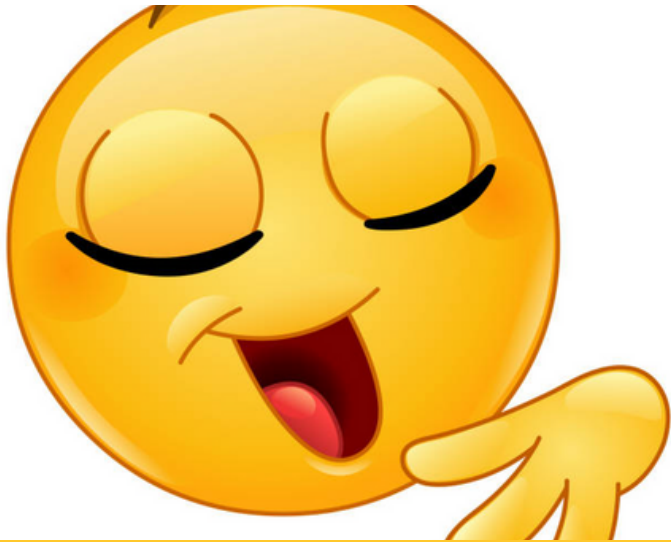
# SPEAK DIFFERENTLY TO YOURSELF

When you notice you are speaking to yourself in such a critical way, **learn to interrupt** the action and take a reflective step back. Turn down the volume of your negative inner voice and pay more attention to the nurturing inner voice you also have in you.

Catching ourselves in the middle of something we have been practicing for years requires increasing our self-awareness. You will not be able to notice all your negative self-talk overnight, but with practice, you will become aware of it more often. **Every time it happens, see how you feel:** is your heart rate higher? Do you feel agitated? What are you saying to yourself?

As you repeat this exercise, you should notice that often, the **same type of critics** are coming back, and how bad what you say to yourself immediately impacts your well-being. The more you become aware of your inner critic, the more you can take control, and **replace it with loving, compassionate messages for yourself** instead. And the less you will need to turn to food for comfort.





Many emotional Eaters are people pleasers. **We numb what we feel because we believe it is not acceptable.** A good number of us see practically anything to do with taking care of ourselves as bad and, specifically, "selfish". We tend to think everything done for ourselves is an indulgence and a luxury. But many of the things we see as extras are really necessities.

## AVOID THE "SELFISH TRAP"

When we believe nearly everything to do with looking after our own needs is selfish, we cannot stop turning to food for comfort. Breaking free from emotional eating means not having to compensate for our unmet needs with food anymore. This can happen only when those fundamental needs are fulfilled.

A lot of times, we couple emotional eating to mute the pain resulting from an unmet need with punishment for hoping that need would be met.

*For example, telling yourself things like: "You're a bad person because you were selfish. Who do you think you are to deserve such a favor" while eating alone on the couch.*



*Many of the things we do for ourselves are not Indulgence or luxury, but fundamental necessities.*



## CONCLUSION

**THANK YOU!**

**You may recognize yourself in several of the above descriptions.** Please try to keep negative self-judgment at bay. I have personally practiced every type of emotional eating multiple times. **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 lesson. 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 already took 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 LESSON?

I would love to hear your opinion about this lesson, and how to make it a more enjoyable experience. Please email me at [marion@nevereatyouremotionsagain.com](mailto:marion@nevereatyouremotionsagain.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?

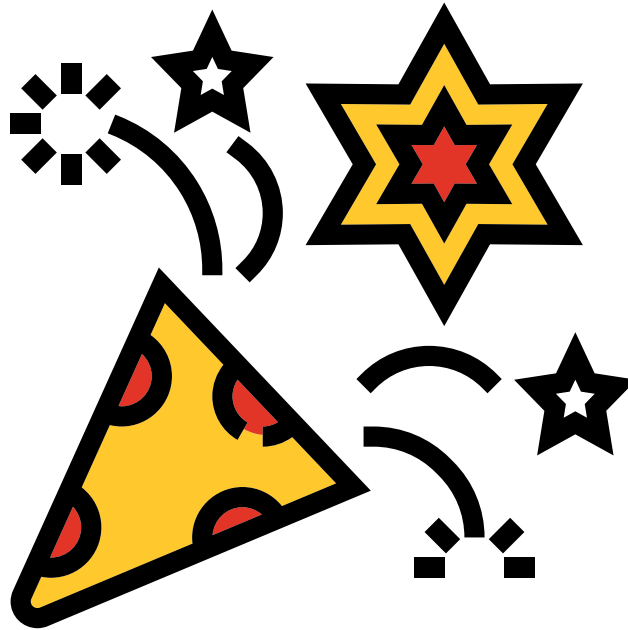
03

What have you become more aware of?

**You Did It!**

# THANK YOU!

This lesson 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](http://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.**

