

MARION HOLT



**HOW TO  
LOVE YOURSELF  
MORE**

**WORKBOOK**



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

 never eat your emotions again

# HOW TO LOVE YOURSELF MORE

Workbook

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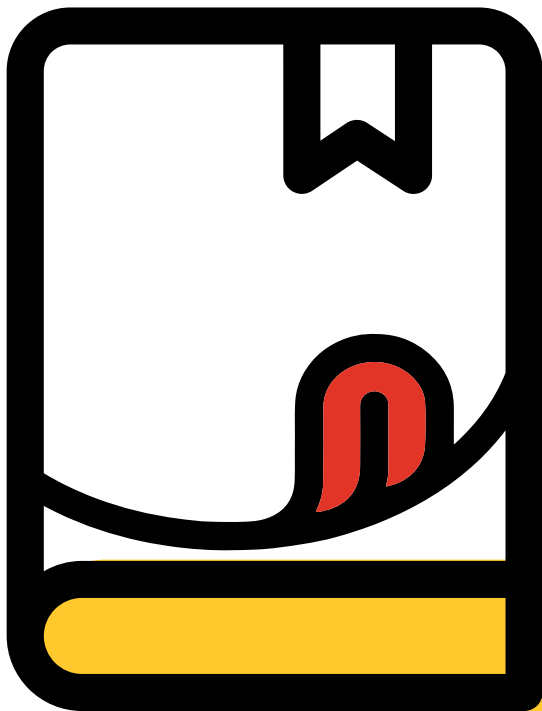
# Hey There!



## 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 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.



# INTRODUCTION

## A 3-STEP PROCESS FOR SELF-LOVE

As Emotional Eaters, the part of ourselves that regularly turns to food for comfort is our *feeling self*.

There is not much reasoning with this part of ourselves. When we attempt to set limits on ourselves, especially with food, this part of ourselves tends to rebel and demand that our needs be met.

And when we attempt to access a nurturing, limit-setting voice, saying things like “It’s best if we stop eating now — we want to lose weight,” this feeling self responds with an adamant “I don’t care. I want something now!”

So how do you create an alliance between your feeling self and your inner nurturer? In this workbook, you will discover a **three-step process to increase self-love and your level of connection with your inner self.**

Step 1

# REMIND & REASSURE







The next time you get caught in negative self-talk, please do this exercise.

Identify how you feel and embrace those feelings, even if they are unpleasant, or trigger shame or guilt.

## REMIND & REASSURE

What are you feeling as you engage in negative self-talk?



*Be careful how you  
are talking to yourself  
because you are  
listening.*

*Lisa M. Hayes*

# REMIND & REASSURE

Take a moment to **sit with those feelings**. You don't have to numb them or bottle them up. You are always right to feel the way you feel. Emotions are never wrong or right, they just are. Accept them. Close your eyes and take a few deep breaths while letting your emotions exist.

Once you have **validated your emotions**, inform your Feeling Self that your Inner Nurturer is on the scene and ready to help. **Pick phrases that resonate with you** — ones you find particularly nurturing. Feel free to also use some of your phrases, not listed here.

- I am here with you now — everything will be all right.
- I am on the scene and ready to help.
- I am closer to you than your breath.
- You are never alone — I am always with you.
- I've got your back.
- I am here to help.
- You can count on me.
- I am by your side.
- You are always safe with me.
- We will get through this together.
- Your feelings are very important to me.
- I can and will take care of you and help you meet your needs.
- Your needs are very important to me.
- We'll take baby steps together — come on, hold my hand.
- I am here with you always.
- \_\_\_\_\_
- \_\_\_\_\_

Which ones resonate with you the most?



Please say **these sentences out loud** and repeat them as often as necessary, until you feel better.



Step 2

# OFFER LOVE & SUPPORT





Once you have reassured your Feeling Self, you are ready to flood them with loving and supportive phrases.

Please take the time to write a couple of phrases of love and support to your Feeling Self. Select phrases that really call to you. Don't rush through this step. **You deserve the same loving kindness that you offer others.** Try to feel the love and support you're giving yourself.

## OFFER LOVE & SUPPORT

On the next page, please choose phrases of love that resonate with you. Write them down, then say them out loud.

If it feels awkward using this voice and talking to yourself in this way, you're not alone! You are not used to give yourself love. It will take a little time for this voice to feel natural, and you may have to "fake it until you make it."

Before you know it, this Loving voice will become your normal one, and you will become more aware how mean the voice of your Inner Critic is.



*Talk to yourself like  
you would to someone  
you love.*

*Brené Brown*

# OFFER LOVE & SUPPORT

Please pick phrases of love that resonate with you:

- I love and care about you.
- You are very dear and special to me.
- Did I tell you today how much I love you?
- Did I tell you how important you are to me?
- I will always be here to love and support you.
- My love and care for you are unconditional.
- I love you just as you are.
- You can totally be yourself with me.
- You don't have to be perfect for me to love you.
- I love you even when you make mistakes.
- You can always count on me.
- I will never abandon you.
- I will never leave you.
- I will be here for you forever.
- You are safe here with me.
- I believe in you.
- I will always believe in you.
- You are incredible!
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Which ones resonate with you the most?



Please say **these sentences out loud** and repeat them as often as necessary.



Step 3

# OFFER COMFORT





You know how to distract and pleasure yourself with your favorite foods. But do you know how to **truly comfort yourself**? In this step, you will learn to calm your Feeling Self with soothing words and gestures.

You'll explore and practice new ways of comforting yourself and get clear on what feels most soothing. With this skill firmly under your belt, you'll be able to comfort and soothe yourself anytime, anywhere, and without the help of food.

## OFFER COMFORT

It's often easier to think of behaviors that are comforting, such as taking a bath or listening to music, than words and gestures. Many of us find it difficult to find the right words to comfort ourselves. And when our Inner Nurturer voice is still wobbly, its soothing words may not feel all that comforting.

**Please think about a time recently when you were upset. Perhaps it was an argument with someone. Maybe someone said something unkind to you. Perhaps you had negative thoughts about yourself; maybe you were feeling bad after comparing yourself to someone. Maybe you were worrying about your health, or perhaps you had a large, unexpected expense.**

When you are ready, you can complete the exercise on the next page.



*Beauty begins the moment you decide to be yourself.*

*Coco Chanel*

# OFFER COMFORT

Whatever the situation, think about what someone else could say to you to comfort and soothe you. What are the words they could tell you?

Here are a few examples of **soothing words you can use**. Please pick the ones that resonate with you the most:

- I can understand being upset about this.
- Sometimes upsetting things like this happen.
- I'm sorry you're going through this.
- I know you're worried about this.
- I know how frustrated you are.
- I get how tired you are of struggling with this.
- This is a difficult time for you.
- I know how hard everything has been for you lately.
- Everyone makes mistakes; no one is perfect.
- Sometimes life throws a lot of curveballs.
- You don't deserve any more hardship.
- I know things are going to get better.
- Everything is going to be okay.
- This too shall pass.
- The tide will turn, and better days will come.
- Soon this will be behind us.
- We're going to make lemonade out of these lemons.
- You're going to see this differently over time.
- This isn't easy for you; over time you'll make sense of it.
- I know you are upset. I am here with you.
- The future doesn't have to be the same as the past.
- We'll get through this together. I'm right by your side.

Which ones resonate with you the most?



Once you have written down a few phrases of comfort, please use your Inner Nurturer voice and say these phrases out loud, as compassionately as you can.





# OFFER COMFORT

How does it feel to say comforting, soothing phrases to yourself? Does it feel awkward and unnatural, like when you were first learning to ride a bicycle or speak a foreign language?



Does your own voice feel the slightest bit soothing? If not, why is it that you don't consider your own voice soothing?



What qualities do you attribute to others that you don't attribute to yourself? How is it that you can soothe a friend, a small child, or a suffering animal but not yourself?



It takes time to build and strengthen the voice of your Inner Nurturer. Your own voice can feel just as loving, supportive, and comforting as anyone else's. It's just a matter of practice.



**Bonus**

# **THE POWER OF TOUCH**





One way to comfort and soothe yourself when you're alone and upset is to gently touch yourself. Physical touch releases the feel-good hormone oxytocin into your brain and body, at least as well as comfort food.

As silly as this may sound, your body doesn't know the difference between your touch and someone else's. Start with a soothing gesture that conveys softness, care, and tenderness, like gently stroking your face or giving yourself a warm hug. Even a head massage.

## THE POWER OF TOUCH

Here are a few examples of soothing gestures you can use. Please pick the ones that are the most appealing to you and write them down on the next page.

- Gently stroke your face.
- Stroke yourself from your shoulders to your elbows.
- Hold or hug yourself.
- Rock your body.
- Place your hands on your heart.
- Place your hands on the sites of uncomfortable bodily sensations.
- Hug a pillow while lying in a fetal position.
- Softly rub your hands together.
- Massage your head and neck.
- Gently massage different body parts.
- Stretch your head from side to side.



*Dare to love yourself  
as if you were a  
rainbow with gold at  
both ends.*

*Aberjhani*

# THE POWER OF TOUCH

What are your favorite soothing gestures, as of today?



You can also try placing your hands on your heart. The warmth of your hands is soothing, especially when placed on uncomfortable bodily sensations. If you feel a knot in your stomach, a contracted throat or jaw, lower back pain, or the beginning of a headache, try placing your hand in these areas while repeating phrases of comfort, until you start feeling the tension in your body is getting released. What areas of your body usually suffer tension or uncomfortable body sensations?



Notice how you feel after you offer yourself soothing words and gestures. Are you feeling calmer and more relaxed? Even a tiny bit? Please write down any noticeable changes in how you're feeling.



# THE POWER OF TOUCH

If you feel any emotion coming up during this exercise, please allow it to release. You may need to cry, shout (articulated words or just sounds), take deep breaths, stomp your feet....

In my experience with myself and my clients, this is very common. Make sure to not hurt yourself, and let your body express itself. Once an emotion is released, it doesn't need to be suppressed with food anymore.

By practicing these three steps regularly, you will learn to identify your needs and address them. You will learn to **reconnect with who you are and allow yourself to feel again**, without muting your emotions with food. You will also be able to meet your needs for validation, reassurance, love, support, and comfort, without the help of food.





## CONCLUSION

**THANK YOU!**

### **You made it! Great job!**

Now, if your results leave you not feeling great about yourself, remember different circumstances demand different approaches. Emotional eating is what keeps you going with your life today. Becoming fully aware that you must respond to emotional hunger depending on the circumstances and identifying what these circumstances are is a crucial step. But it is not necessarily an easy step. Please, **take some time to process your results** if you need it.

**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 chose to face where you are in your relationship with food.** It means you have now made one more step on your emotional eating recovery journey. It was not an easy step, and you took it. Yes, it is done. Already behind you. How does that feel?

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





# 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@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?

1	2	3	4	5	6	7	8	9	10
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02

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

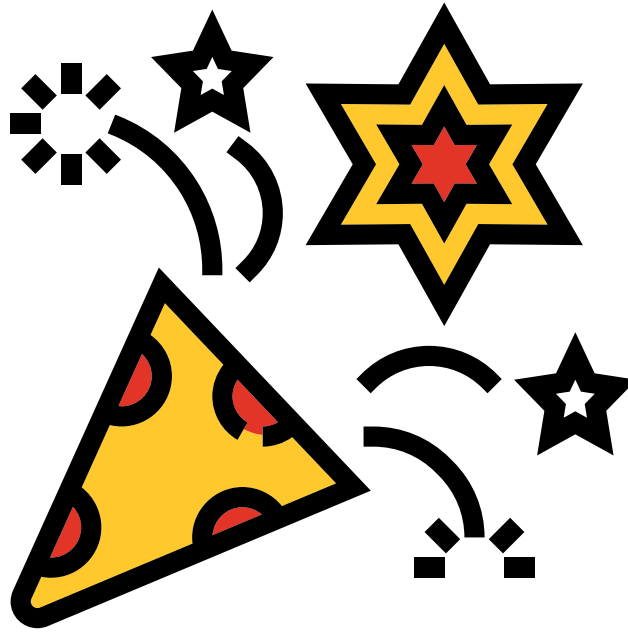
03

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](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.**

