

MARION HOLT



**YOUR COPING
MECHANISMS
AT WORK**

WORKBOOK



nevereatyoureotionsagain.com

 never eat your emotions again

YOUR COPING MECHANISMS AT WORK

Workbook

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Contact marion@nevereatyouremotionsagain.com

MARION HOLT



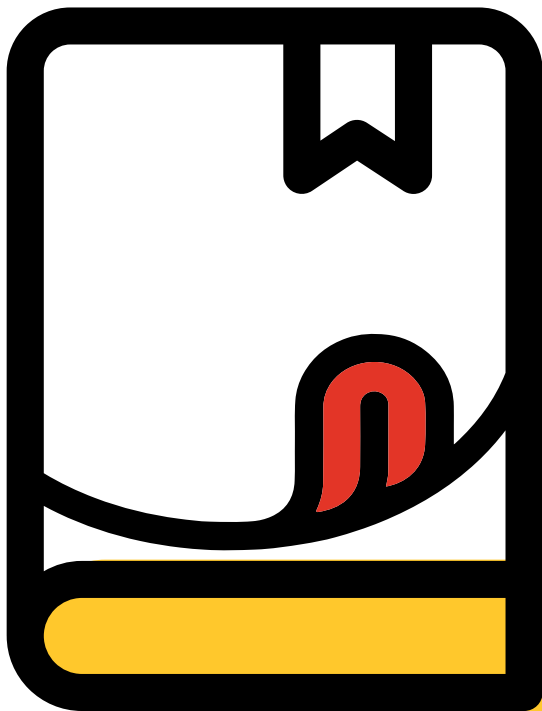
Hey There!



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.

COPING MECHANISMS IN DISGUISE





TYPE 1

DEFENSE COPING MECHANISMS

Defense coping mechanisms rely on subconscious coping methods like denial: everything happens outside of our consciousness. **Defense coping mechanisms allow us to not be aware we are under stress.**

For example: I am 100 pounds overweight, but I don't have health issues and I have a healthy relationship with food.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 2

ADAPTIVE COPING MECHANISMS

Adaptive Coping Mechanisms leave us aware of a problematic situation but help us tolerate the stress that comes with these situations. **Adaptive Coping Mechanisms allow us to deal with our stress in a more comfortable way.**

For example: My extra weight makes sleeping uncomfortable, so I use a lot of pillows to support my body into a position that is more comfortable and limits my acid reflux."

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 3

AVOIDANCE COPING MECHANISMS

We use avoidance coping mechanisms in order to ignore the stress some situations create for us. **Avoidance Coping Mechanisms allow us to disconnect from and numb the stress we are under.**

For example: When I eat, I forget about how bad my day was at work and I can finally relax.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 4

ATTACK COPING MECHANISMS

Attack Coping Mechanisms allow us to create a situation or a conflict that requires our focus and energy right now and takes priority over the stress factors we don't know how or don't want to deal with. **Attack coping mechanisms lead us to fight with someone rather than deal with the real problem.**

For example, You tell me I need to lose weight, but do you realize how bad-looking and rude you are yourself? No wonder you are still single.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 5

BEHAVIORAL COPING MECHANISMS

Behavioral Coping Mechanisms allow us to reduce our stress level by adapting to a situation/conforming to some expectations so that the pressure put on us gets less. **Behavioral coping mechanisms lead us to make changes to our behavior in order to minimize the stress we feel.**

For example, My parents put so much pressure on me to lose weight that I now pass on having dessert when I share a meal with them so that they don't give me such a hard time.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 6

COGNITIVE COPING MECHANISMS

Cognitive Coping Mechanisms allow us to change our perspectives or opinions about a situation so that whatever is going on doesn't bother us anymore. **Cognitive coping mechanisms help us change how we think about a situation.**

For example, my partner monitors what I eat and makes nasty comments when I indulge in some treats or comfort food. It stressed me until I changed my perspectives on the situation to see it as their way of caring about me. Now I am thankful when they make comments about what I eat, because I know it is their way to help me get healthier.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 7

SELF-HARM COPING MECHANISMS

Self-harm Coping Mechanisms allow us to focus on physical pain rather than our emotional pain. When we are hurting physically, that pain takes precedence in our brain and we don't feel our emotional pain anymore, as long as the physical pain keeps going. **Self-harm Coping Mechanisms involve hurting ourselves physically to stop feeling the original emotional pain.**

For example, whenever I feel bad about myself and my extra pounds, I go for a long and very intensive workout. My muscles are usually very sore for several days afterwards and the constant physical pain helps me to defocus from my body image issues. I feel bad about myself and my extra pounds, I go for a long and very intensive workout. My muscles are usually very sore for several days afterwards and the constant physical pain helps me to defocus from my body image issues.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?



TYPE 8

CONVERSION COPING MECHANISMS

Conversion Coping Mechanisms allow us to transform an emotion that is unacceptable or unbearable for us into another one we can deal with, less stressful. **When we use a conversion coping mechanism, we turn one emotion into another.**

For example, I don't like being angry. My father used to have anger issues when I was a child and blew up on my family for nothing. If there is one thing I know, it's that I never want to be like my father. Today, when someone comments about my weight and I feel disrespected, I don't get angry, and I don't try to stand up for myself. I get depressed instead, and I just want to disappear.

Have you used this coping mechanism in the past few months? In what context? How did you feel at that time? Can you describe how and why you used it?

WELL DONE!

I know this is not an easy exercise, and just being able to stick with it show you are ready to debunk your coping mechanisms and to implement change in your life.

You are doing great. I absolutely know what I am asking you to do here is not easy, and you are demonstrating an amazing willpower. Some of the questions I am asking you might not be answered immediately, and you may need to take some time to reflect upon them. That's okay. Take the time you need. Debunking our thought patterns is difficult but it allows us to change our perspectives on what we are going through and allows us to discover new responses we can give to what happens to us.



DECLUTTER YOUR LAUNDRY CHAIR





Eating as a coping mechanism allows us to not talk about the stressful situation, and to distract ourselves from the stressor. It is an avoidant coping mechanism: We know there is something unpleasant that requires our attention, but we do our best to forget about it. And our favorite tool to help us forget about it and the stress that situation involves for us is food.

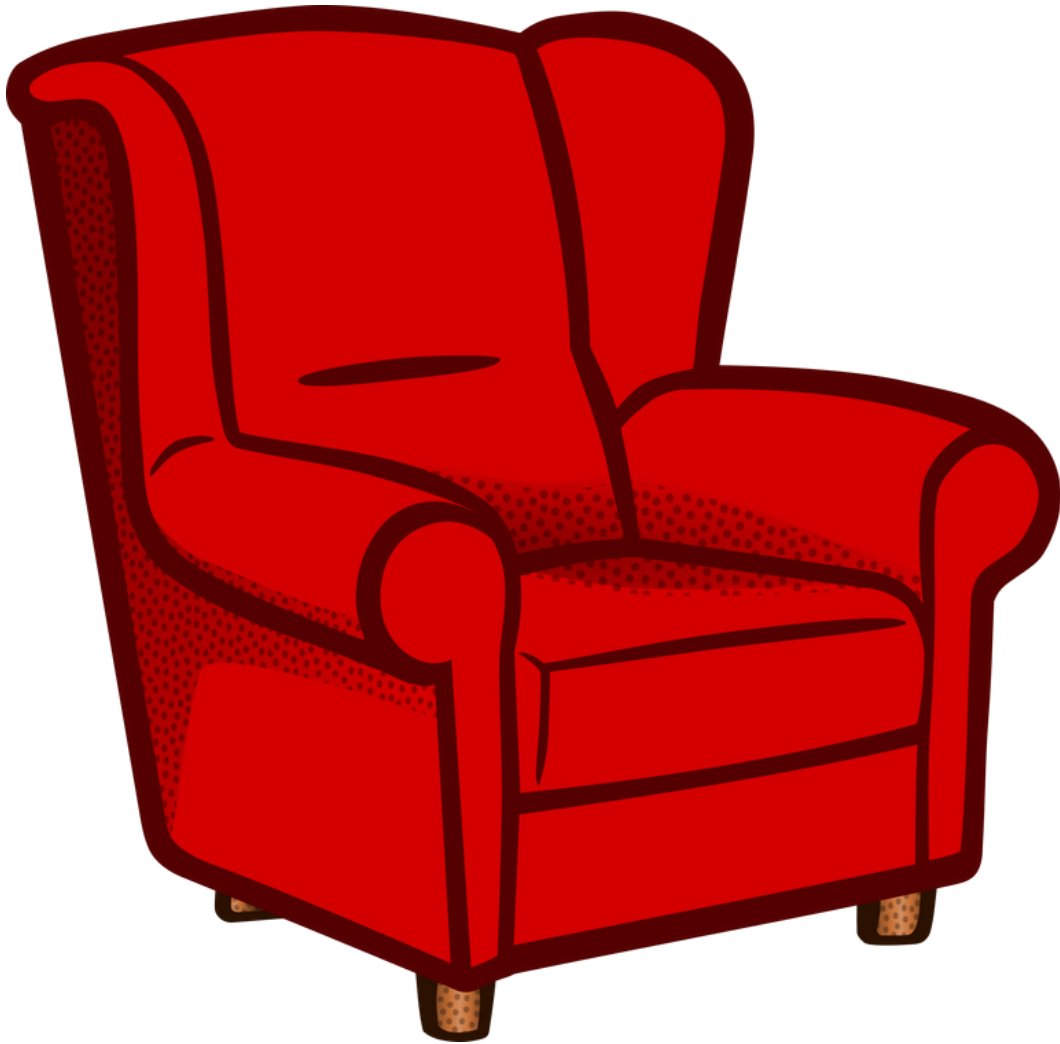
I like to think of emotional eating as akin to the “laundry chair” in my bedroom. You know what I mean right? Somewhere in our home, we all have this chair (or couch, or treadmill, or spot on the floor, etc.) that we throw random items on until we must deal with them later.

For me, it’s where I put my clothes that need to be folded, clothes that are folded but not put away yet, purses that I’ve taken out of the closet that need to go back, and sometimes even shopping bags with the items that I haven’t yet taken out of their packaging.

Sometimes my “laundry chair” is perfectly clean. But one by one I add things to it until it becomes an overwhelming mountain of items that may or may not lead to some tears when I finally decide to clean. The more items on my laundry chair, the more I need to eat in order to not think about all those things waiting for me to deal with them on that chair. I know what is waiting for me on the chair will not be pleasant to deal with, so I avoid it, using food to distract me from it.

Now, let’s see what is sitting on your own laundry chair and might be triggering your emotional eating. Please, use the picture on the next page to draw or describe with words all the things/emotions/situations/conversations/decisions... that you put on your laundry chair to “deal with them later”. You can also use a piece of paper of your own and start with your own drawing. Take your time for this exercise. As we have avoided these circumstances sometimes for a long while, they might not pop up in our mind instantly. If you feel like keeping this exercise on the “back burner” of your mind and thinking about it over several days, that works too.

MY LAUNDRY CHAIR



When you are done, please answer the questions on the following pages.

One Step Further

MY LAUNDRY CHAIR

01

How easy or uneasy was this exercise for you? Why?

02

What emotion(s) did this exercise trigger for you?

03

How does it make you feel to have that many (or so few) things on your laundry chair?

04

Please choose the easiest thing to deal with on your chair: which one is it?

05

What do you need to deal with the situation identified in question 4, in the coming few days?

One Step Further

MY LAUNDRY CHAIR

06

How can you get what you need, or make it happen? Does that seem possible?

07

Do you commit to deal with this one thing on your laundry chair in a short future?

08

If your answer to question 7 is “yes”, how long do you give yourself to start taking action?

09

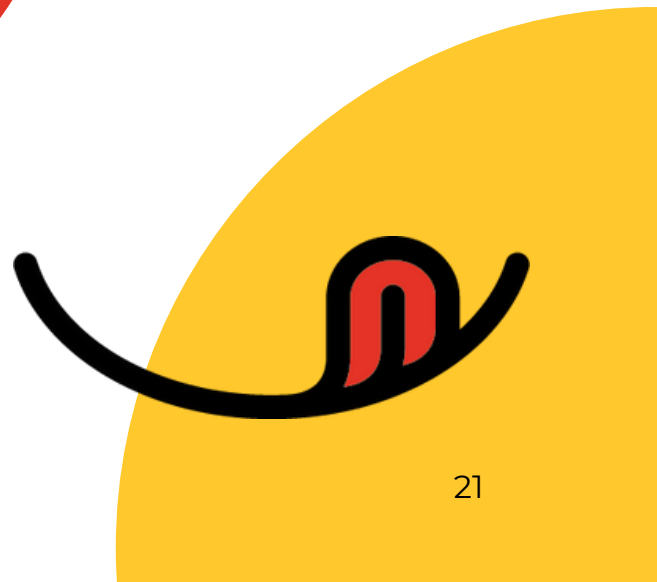
If your answer to question 7 is “no”, what prevents you to make such a commitment?

WELL DONE!

Congratulations! Facing situations you have spent a long time trying to avoid is not an easy task. It requires a lot of courage, determination, and commitment to make your life better. You are doing amazingly well, and I am so proud of you. Keep up the good work!

I know this is not an easy exercise, and just being able to stick with it show you are ready to debunk your coping mechanisms and to implement change in your life.

You are doing great. I absolutely know what I am asking you to do here is not easy, and you are demonstrating an amazing willpower. Some of the questions I am asking you might not be answered immediately, and you may need to take some time to reflect upon them. That's okay. Take the time you need. Debunking our thought patterns is difficult but it allows us to change our perspectives on what we are going through and allows us to discover new responses we can give to what happens to us.





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@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?

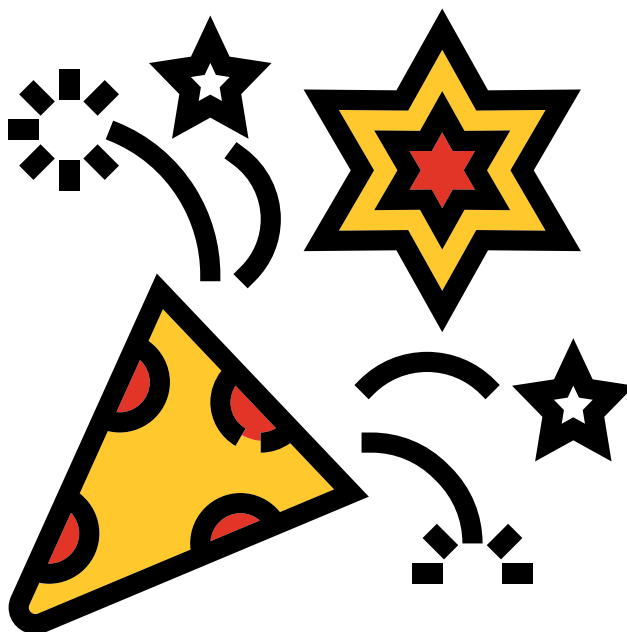
03

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.

