

CLASS



WHY DO YOU EAT YOUR EMOTIONS?



nevereatyouremotionsagain.com

MARION HOLT

 never eat your emotions again

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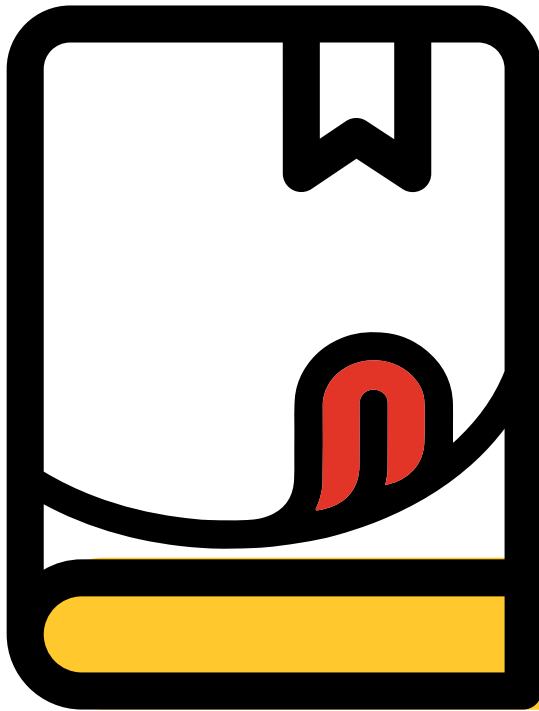
Hey There!



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 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

WHAT IS EMOTIONAL EATING?

Emotional eating is when people use food to deal with feelings instead of to satisfy hunger. We've all been there, finishing a whole bag of chips out of boredom or downing cookie after cookie while cramming for a big test. But when done a lot — especially without realizing it — emotional eating can affect weight, health, and overall well-being. Not many of us make the connection between eating and our feelings. However, understanding what drives emotional eating can help you take steps to change it.

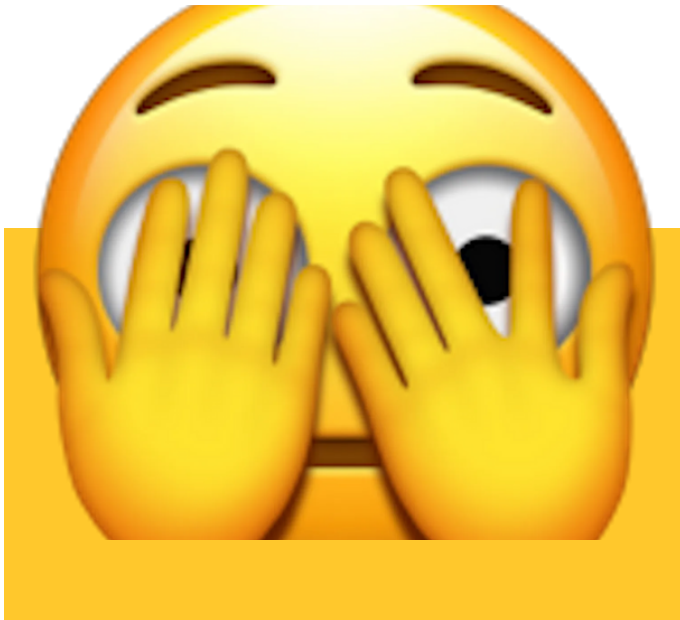
As Emotional Eaters, we often turn to food when we're stressed out, lonely, sad, anxious, or bored. Little daily stresses can cause us to seek comfort or distraction in food. But emotional eating can be linked to positive feelings too, like the romance of sharing dessert on Valentine's Day or the celebration of a holiday feast.

Most of us learn emotional eating patterns as children. For example, a child who gets candy after a big achievement may grow up using candy as a reward for a job well done. In the same way, a kid who is given cookies to stop crying may learn to link cookies with comfort.

It's not easy to "unlearn" patterns of emotional eating. But it is possible. And it starts with an awareness of what's going on. Managing emotional eating as an adult means **identifying how you have learned to use food to deal with your emotions as a child, then finding other ways to deal with the situations** and feelings that make you turn to food today.

UNADDRESSED CHILDHOOD TRAUMA





Unaddressed trauma in childhood impacts our adult life, our psyche, and our self-esteem, whether we are aware of it or not.

Low self-esteem in itself can generate enough emotional discomfort or suffering for us to rely on food to bring some relief.

UNADDRESSED CHILDHOOD TRAUMA

So why exactly do you still eat, or started eating your emotions as an adult, long after your early-life trauma, even potentially unresolved, has ended?

Unaddressed trauma has two main effects on us, that are connected to emotional eating behaviors:

- Rejection of Self
- Wearing Excess Weight as an Armor



The paradox of trauma is that it has both the power to destroy and the power to transform and resurrect.

Peter A. Levine

REJECTION OF SELF

A common adaptive response to experiencing trauma is a splitting off from the self. This is usually referred to as dissociation. The function of dissociation in the context of trauma is to **separate ourselves from the experience of pain.**

Now, It doesn't take just overt trauma like acts of violence or sexual abuse to create a splitting off from self. This can also occur in more subtle but ubiquitous experiences, like verbal abuse, neglect, or emotional invalidation. Over time, these can also elicit a sense of threat to safety and survival just by the mere act of being ourselves.

For example, as adults, some situations may lead us to experience a profound **sense of loneliness**, whether living alone and having little interaction with others, or being surrounded by loved ones such as friends, family, or a romantic partner and children. This loneliness can be present for as long as we can remember because the household, we grew up in didn't allow us to create a sense of belonging.

Emotional eating might or might not have become our way to cope with the feeling of isolation at that time. But every time we experience loneliness in our adult life, it takes us back to those painful memories. The loneliness experienced is therefore **amplified** by those memories and becomes unbearable. And we dissociate ourselves from the memories and the pain thanks to food today.

Emotional eating is a matter of disconnection. When we engage in emotional eating, we disconnect from ourselves and reject what our body and soul want and need. We just numb the pain at all cost, because we feel it is more than we can endure.



WEARING EXCESS WEIGHT AS AN ARMOR

Most of us aren't overweight because we have an appetite for big portions or cannot help snacking all day long. It's not because we loathe the treadmill, or because we have a thyroid problem either. And it's not because we are too lazy or too busy to plan out a sensible meal or fit in a workout.

We are overweight because we wear our excess weight as a shield. **Our weight helps us create a barrier to the outside world.** For some of us, weight serves to minimize our appearance and sexuality, as a protection against future abuse. In our Western culture, obesity is perceived to be less attractive than being thin. That means when we are overweight, we know others pay less attention to us and our bodies.

Some survivors of abuse work to gain weight in an attempt to make themselves unattractive. They try to desexualize themselves. Some large men and women, who are survivors of abuse, are afraid to lose weight because it will make them feel smaller and childlike and it may bring back painful memories that are difficult to cope with.

For example, as an overweight person, my extra layer of fat helps me put a physical distance between myself and others. This is the way I protect and insulate my inner vulnerable self from the outside world.

As Emotional Eaters, our extra weight in itself tells us we carry unaddressed trauma. Nobody eats over their physical needs for years, putting their health in jeopardy, because they are doing just fine.



TRAUMA REENACTMENT





Trauma Reenactment refers to an unconscious need to reenact early-life trauma and repeat disturbing childhood experiences someone was not able to resolve or integrate.

A person with this condition repeats these traumas as an adult in new situations that might symbolize the initial trauma. *For example*, they might feel like they constantly meet or attract the same type of destructive partners and find themselves stuck in the same type of abusive relationships.

WHAT IS TRAUMA REENACTMENT

For that reason, Trauma Reenactment can act as a **barrier to change** in a person, including regarding their eating behavior. *For example*, if your relationship with one of your parents led you to eat your emotions because they were invalidating your emotions and there was no room for you to express them, you might later in life build work, love, or friendship relationships (sometimes all at the same time) that are rooted in the same dynamics: where you still have no room to express your feelings and turn to food to diffuse them. And after you end up a relationship, you find yourself in a new one with a new person or company, but it goes just the same. And you still need to eat to manage your feelings.

Trauma reenactment creates a chain of long-term abuse, resulting in:

- self-abusive behavior
- low self-esteem
- substance use disorders
- inability to trust
- difficult interpersonal relationships
-

And each of these situations keeps on feeding our need to turn to food, sometimes to feel better, and sometimes to “punish” ourselves. For example: “I am such a failure already, I might as well make myself fat, too. I don’t deserve to be happy anyway.”

TRAUMA REENACTMENT MOST COMMON PATTERNS

The following are some examples of trauma reenactment patterns of behavior, that can all lead or contribute to emotional eating behaviors as adults:

- **Detachment:** A person who experiences violent beating as a child may use a technique called detachment as a coping mechanism. This may lead to detachment in later relationships. Detachment refers to a person's inability to fully engage with their feelings or the feelings of others.
- **Familiarity:** People may seek the comfort of familiarity, even if it relates to something negative. For instance, an individual with a distant parent or caregiver may seek a partner who has a distant personality.
- **Self-hatred:** Experiencing abuse as a child may lead to feelings of self-hatred and make a person feel as though they deserve mistreatment. As an adult, this may cause them to gravitate toward others who mistreat them.
- **Abandonment:** After experiencing abandonment as a child, a person may demonstrate possessiveness and clinginess in relationships later on in life. These behaviors stem from the desire to avoid more abandonment.
- **Triggers of past emotions:** Someone whose parents or caregivers neglected them when they were a child may harbor feelings of anger about that situation. As a result, the person may become excessively angry in later life, even in response to a minor incident. For instance, they could become angry when a friend does not return a phone call.
- **Fear-motivated behavior:** As an example of this, there have been links between sexual abuse in childhood and prostitution in adulthood. An extreme example would be a woman explaining that her involvement in prostitution was an attempt to control the opposite sex after being a victim of abuse earlier in life.

All these patterns favor us using food as a way to cope with difficult repeating situations in our life. Whether past emotions are triggered, or we feel abandoned, afraid, or we just dislike ourselves, we use food on repeat to numb it all, every time one of them flares up.





CONCLUSION

THANK YOU!

You may recognize yourself in several of the above descriptions. 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 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've already taken it. Yes, it is already done. Already behind you. How does that feel?

A change is possible.
What is your next step going to be?





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 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?

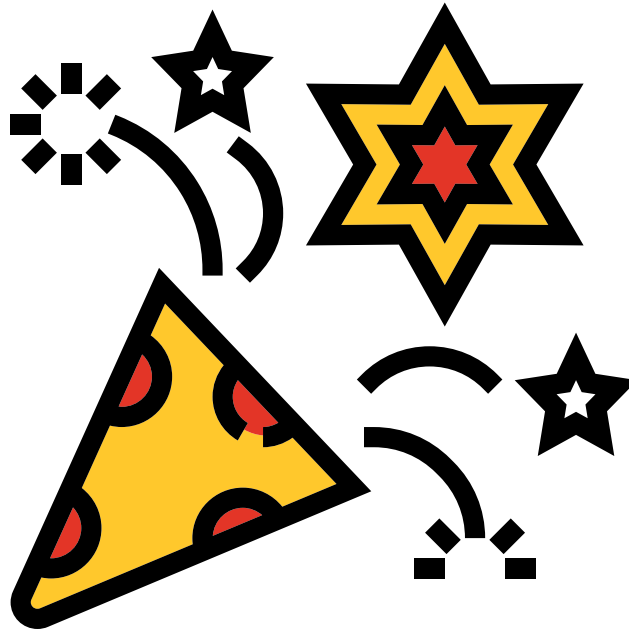
03

What have you become more aware of?

You Did It!

THANK YOU!

This 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

Whether you want to dig further into **another lesson**, enroll in my **Signature Program**, book a **coaching session** (1st conversation is free!) or get **my books**, you will find all you need there.

[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.

