

MARION HOLT



**WHY YOU EAT  
YOUR EMOTIONS  
AS AN ADULT**

**WORKBOOK**



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

 never eat your emotions again

# WHY YOUR EAT YOUR EMOTIONS AS AN ADULT

Workbook

This workbook is copyright 2023 Never Eat Your Emotions Again.

Do not distribute without written authorization

Corrections, complaints, compliments, criticisms?

Contact [marion@nevereatyouremotionsagain.com](mailto:marion@nevereatyouremotionsagain.com)

MARION HOLT



# 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.

# Table of **CONTENTS**

5

**Introduction**

6

**Identify the Repeating Painful Situations in Your Life**

14

**Pinpoint the Behaviors Leading You into These Situations**

15

**Surrendering Your Adult Self**

18

**Running Away from What You Have Always Known**

21

**Overcompensating Your Painful Experiences**

26

**Thank You**

27

**Feedback**

28

**Let's Connect!**





# 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.

**IDENTIFY THE  
REPEATING PAINFUL  
SITUATIONS IN YOUR  
LIFE**



## Repeating Painful Situations

# ASSESSMENT

Unaddressed trauma often leads us to reproduce painful situations connected to our initial wounds. Without being aware of it, **we become stuck** in a role and/or a character that does not fulfill us, forcing ourselves into a path that is not ours, multiplying conflicts, deceptions, and risky and self-harming behaviors. These self-defeating, unfulfilling scenarios that keep on reappearing in our lives feed our emotional eating patterns.

In the following assessment, you will find examples of situations and behaviors that one might repeat when carrying an unaddressed trauma. **Please check “yes” for the ones you can relate to, and check “no” for the situations you cannot relate to.** A blank space will be available at the end of the assessment if you need to add a situation repeating in your life that is not listed.





# Repeating Painful Situations

## ASSESSMENT

01

### Situation 1

I fall in love with the wrong persons, and my relationships mostly tend to be hurtful.

Yes No

02

### Situation 2

I cannot totally commit, either with another person or professionally.

Yes No

03

### Situation 3

I always feel like I fall short of my potential.

Yes No

04

### Situation 4

I am constantly just one step away from feeling fear or anxiety, whatever I do.

Yes No

05

### Situation 5

Whatever my job is, I tend to be a workaholic, sometimes until I burn out.

Yes No

# Repeating Painful Situations

## ASSESSMENT

06

### Situation 6

I often find myself betrayed by the ones I love.

Yes No

07

### Situation 7

I repeatedly find myself failing relationships, marriage, business, school, etc.

Yes No

08

### Situation 8

I repeatedly find myself with financial issues.

Yes No

09

### Situation 9

I repeatedly have accidents.

Yes No

10

### Situation 10

I repeatedly have a problem with authority whether at work or in a personal context.

Yes No

# Repeating Painful Situations

## ASSESSMENT

11

### Situation 11

I often find myself stuck, unable to make a choice or a decision.

Yes No

12

### Situation 12

I repeatedly find myself abandoned or rejected by a parent, a spouse/partner, or at work.

Yes No

13

### Situation 13

I often find myself in the role of the scapegoat, with friends, family, or at work.

Yes No

14

### Situation 14

I often find myself victim of moral harassment, bullying, and/or physical or sexual violence.

Yes No

15

### Situation 15 - ADD IF NECESSARY

Yes No

## Repeating Painful Situations

# EXPLORING YOUR RESULTS

Which one (or two) of the situations listed on the previous pages happens the most often in your life or is the most painful to you?



How do you feel, when that situation occurs?



## Repeating Painful Situations

# EXPLORING YOUR RESULTS

When is the first time in your life that you remember feeling this way? What happened?



What was difficult or traumatic for you in that situation?



## Repeating Painful Situations

# EXPLORING YOUR RESULTS

What are the common points (facts, feelings, relationships, type of arguments, words/sentences said, thoughts, people....) between the original difficult situation and the similar ones that keep occurring in your life?



# PINPOINT THE BEHAVIORS LEADING YOU INTO THESE SITUATIONS

These behaviors usually fall into three main categories





# SURRENDERING YOUR ADULT SELF

*For example, I grew up in a dysfunctional home, with physical and emotional abuse from my father. As an adult, when my partner gets abusive, I don't walk away because I believe this is a part of any relationship. Even if my true nature is peaceful and collaborative, I don't go towards people with the same dispositions. I rather choose impulsive and authoritative partners like my father was and have complicated relationships with them.*

Surrendering your adult self means maintaining what you grew up with and have always known. In other words, **you repeat as an adult what you learned during your childhood:** behaviors, thinking patterns, and specific emotions or sensations.

When you surrender your adult self, you don't apply your own adult thinking to your life. You don't allow yourself to feel something else or to think in a different way than what you were taught to think. You don't expand your perspectives and don't build new opinions based on your personal experiences as an adult. You extend who you were as a child into adulthood and therefore **feel powerless to change.**



***Becoming an adult means leaving the world of your parents and starting to make your way toward the future that you will share with your peers.***

***Alison Gopnik***



## Surrendering Your Adult Self

# ONE STEP FURTHER

If you recognize yourself in the situation described in the previous page, please write down a few moments when it happened, as well as the events that took place and were the most striking to you.

A large, empty rectangular box with a dashed red border, intended for the user to write their response to the prompt above.

## Surrendering Your Adult Self

# ONE STEP FURTHER

What are the common points (facts, feelings, relationships, type of arguments, words or sentences said, thoughts....) between all these situations that keep occurring in your life?



What can you do differently next time such a situation occurs?





When you run away from what you have always known, you make exact opposite choices than those you witnessed or made as a child.

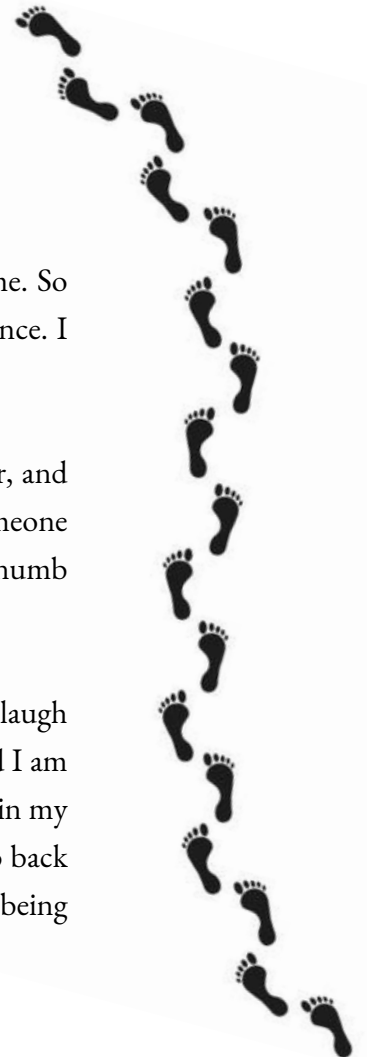
Whether those choices fulfill you or not is not the point. You make them in order to **avoid triggering the difficult emotions associated with your past trauma.** Going the opposite way is an attempt for you to never feel these emotions again. You can implement this tactic on a cognitive level, an emotional level, or a behavioral level.

## RUNNING AWAY FROM PREVIOUS PATTERNS

**Example #1:** Contradicting my father would get him angry, and he would hit me. So today, I choose to never contradict anybody, to avoid conflict and possible violence. I eat my disagreement alone at night. (cognitive)

**Example #2:** When I was feeling sad or crying, it would always upset my mother, and she would call me ungrateful, or give me the silent treatment. So today, when someone hurts me, I never let them know and pretend that I am fine. Most of the time I numb the pain with food and don't feel it long anyway. (emotional)

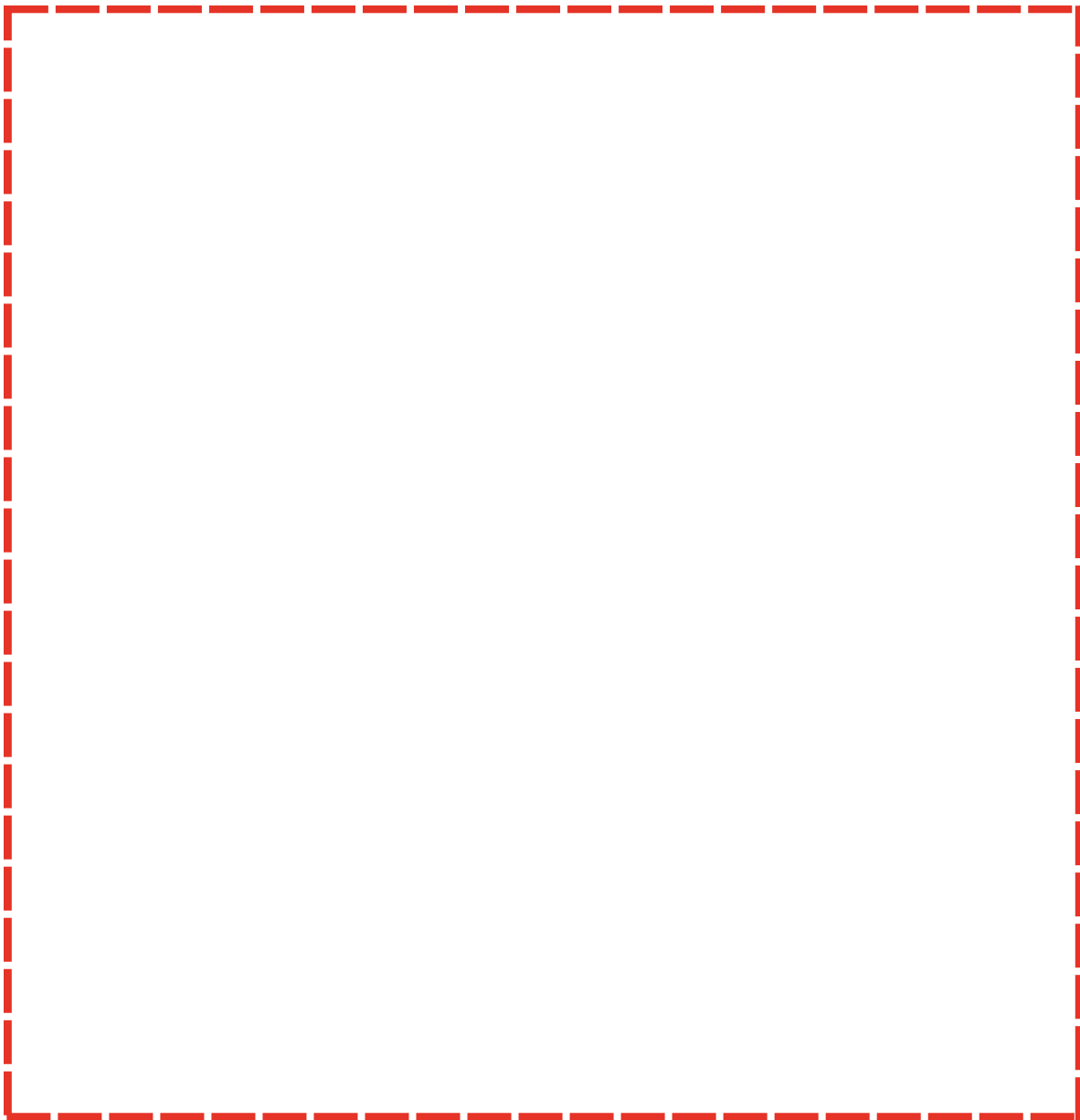
**Example #3:** Believing I could become a singer would always make my parents laugh and say I was not "that" good and I should be realistic. So, I stopped singing, and I am careful today to never have too big a hope for my life. Whenever I am unfulfilled in my day job, I don't think about a career change, I simply eat my dreams away and go back to work the next day. I am underused in my job but it allows me to avoid being disappointed in myself. (behavioral)



## Running Away from Previous Patterns

# ONE STEP FURTHER

If you recognize yourself in the situation described in the previous page, please write down a few moments when it happened, as well as the events that took place and were the most striking to you.

A large, empty rectangular box with a dashed red border, intended for the user to write their response to the prompt above.

## Running Away from Previous Patterns

# ONE STEP FURTHER

What are the common points (facts, feelings, relationships, type of arguments, words or sentences said, thoughts....) between all these situations that keep occurring in your life?



What can you do differently next time such a situation occurs?





Overcompensation occurs when someone suffers a trauma leading them to feel weak or inferior in an area of their life. Overcompensation leads to attempts to **offset the pain, the perceived weakness, or the sense of inferiority created by the trauma**, by focusing on outward signs of superiority such as status, popularity, wealth, and power.

Overcompensation involves shadowing your feeling of inadequacy resulting from your trauma by excelling in another field, to lessen the feeling of pain.

## OVERCOMPENSATING YOUR PAINFUL EXPERIENCES

Overcompensating allows you to counter-attack traumatic events, trying to erase your feelings of unworthiness, failure, or guilt, by obtaining satisfaction or revenge, especially in the same field where you were traumatized.

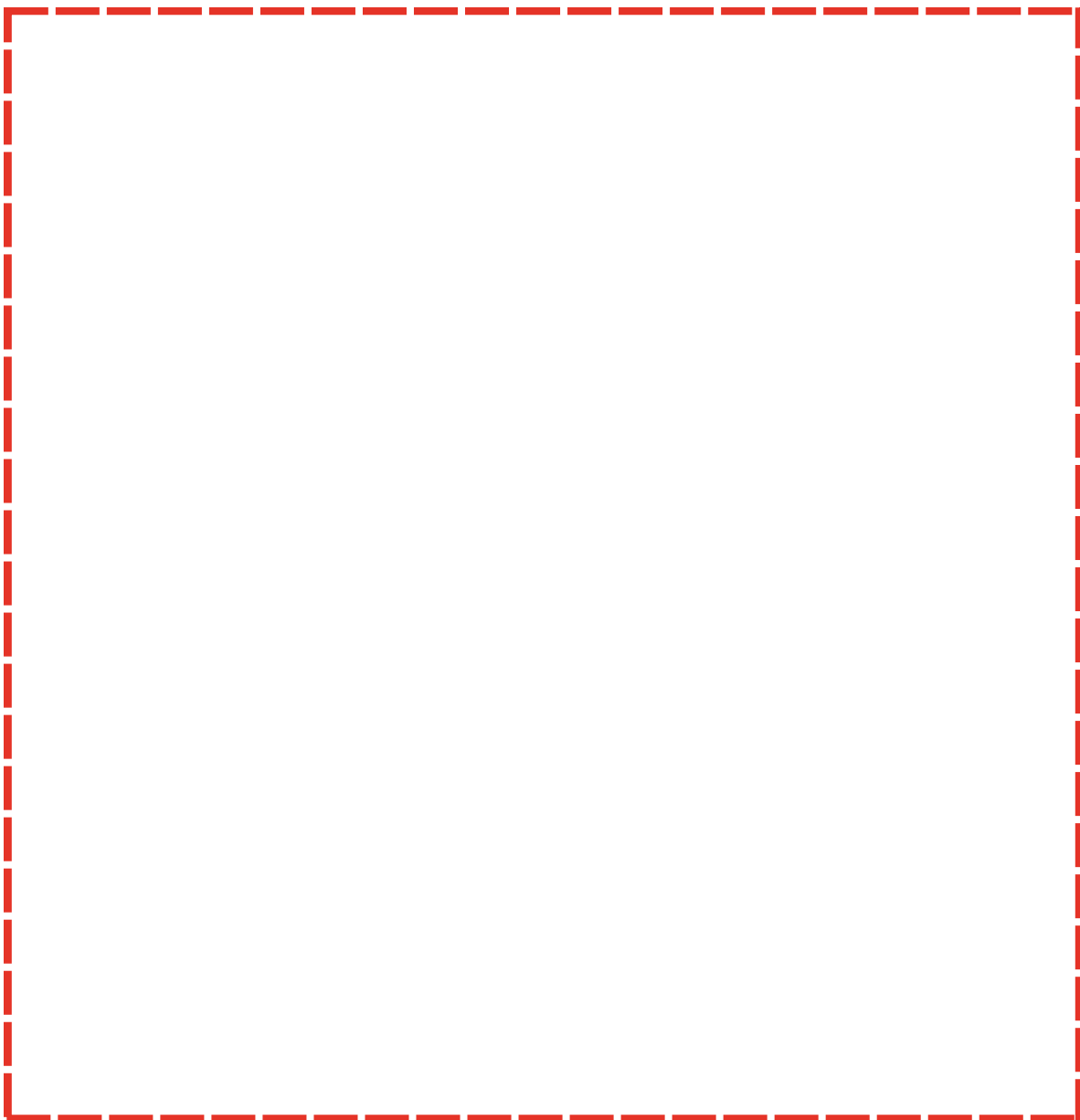
During childhood, this process allowed you to adapt to the pain you felt. In adulthood, it can create an **inner conflict between who you really are and who you want to appear**. It may generate issues to communicate with authenticity and, therefore, to feel close to someone else. This behavioral strategy can lead to a feeling of isolation, and emotional eating to deal with the feeling of loneliness.

**For example**, as a child, I used to feel powerless when my father was physically abusive to me. My mother would not protect me. I could not fight back, and I could not run away. There was nothing to do but to lay there and let him do what he wanted to me until he was done, and obey him, whatever he wanted me to do. As an adult, I developed a very strong-willed personality. I put myself in a professional and social position that would always let me have total control of everything. I never let show any weakness or fear, that I perceive as a breach for others to possibly hurt me. Doing so, I don't let anybody get to really know me. I am not always strong, and I sometimes need comfort like everyone else, but nobody knows, and I don't allow anybody close enough to be able to provide that comfort to me.

## Overcompensating Your Painful Experiences

# ONE STEP FURTHER

If you recognize yourself in the situation described in the previous page, please write down a few moments when it happened, as well as the events that took place and were the most striking to you.

A large, empty rectangular box with a dashed red border, intended for the user to write their response to the prompt above.

## Overcompensating Your Painful Experiences

# ONE STEP FURTHER

What are the common points (facts, feelings, relationships, type of arguments, words or sentences said, thoughts....) between all these situations that keep occurring in your life?



What can you do differently next time such a situation occurs?



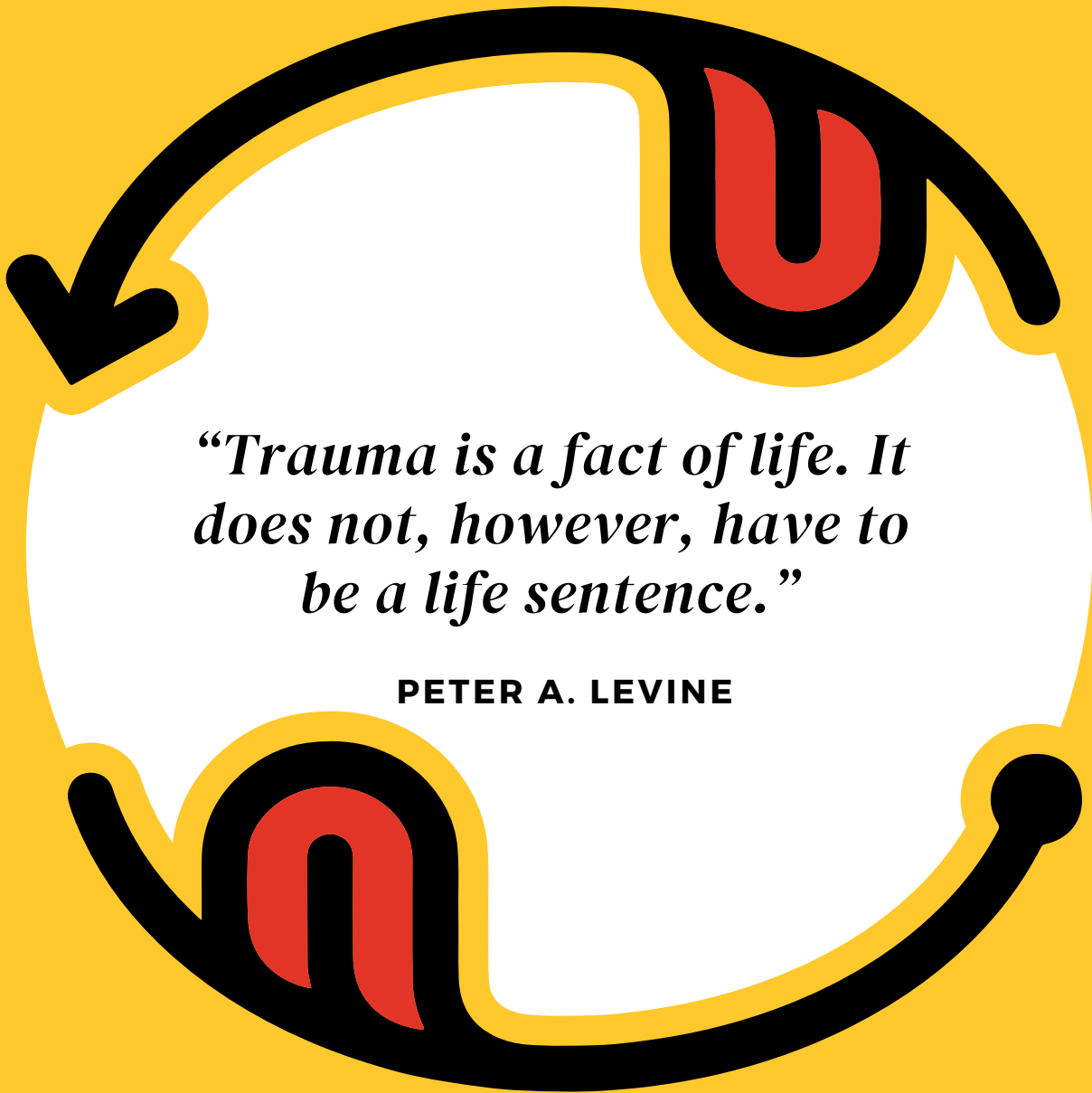


# WELL DONE!

This has been a difficult workbook to navigate. Please be kind to yourself and give yourself the time you need to revisit all these difficult memories and the decisions you've made to cope with the pain, that are limiting yourself today. Don't judge yourself. Whatever you did or did not do was absolutely necessary for you to cope with the pain.

**Today you have made a big step to acknowledge your wounds and start healing.**





*“Trauma is a fact of life. It does not, however, have to be a life sentence.”*

**PETER A. LEVINE**



## 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?

**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@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?

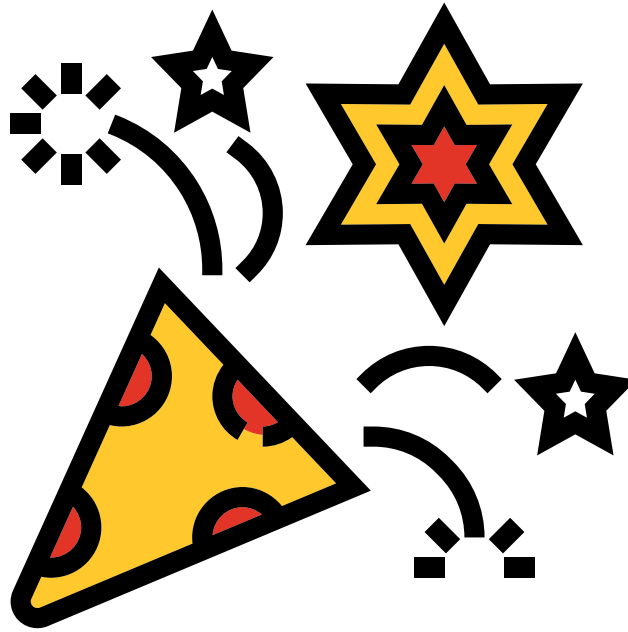
03

What have you become more aware of?

**You Did It!**

# THANK YOU!

This 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.**

