

MARION HOLT



**BUILDING
HEALTHIER
RELATIONSHIPS**

WORKBOOK



nevereatyoureotionsagain.com

 never eat your emotions again

BUILDING HEALTHIER RELATIONSHIPS

Workbook

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Contact marion@nevereatyouremotionsagain.com

MARION HOLT



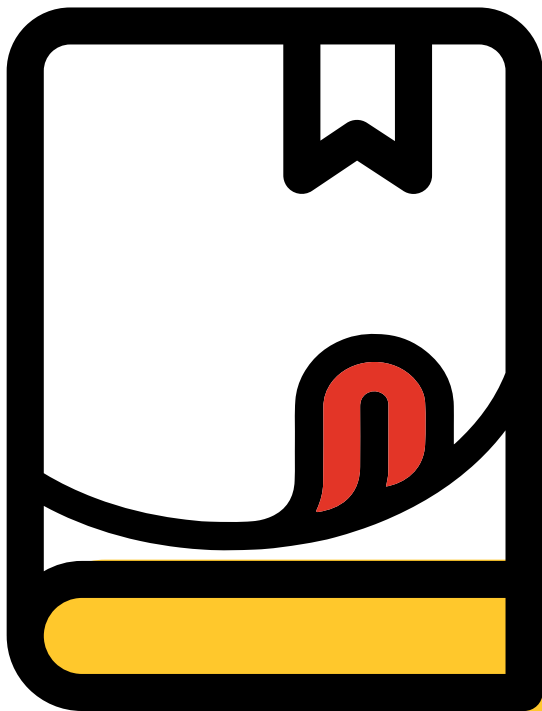
Hey There!



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.



INTRODUCTION

OUR RELATIONSHIPS CAN FEED OUR EMOTIONAL EATING

As Emotional Eaters, we eat to compensate or numb our emotions. Most of what we feel emerges from the way we interact with others. **Those closest to us therefore have the more potential impact on our relationship with food.**

For that reason, **this workbook focuses on the usual most important relationships** we all tend to have: with both our parents, or the people who raised us, with our significant other, and with our best friend. If you feel your relationship with food also is significantly impacted by your relationship with someone else, please use the set of questions proposed in this workbook and apply it to that specific relationship to sort it out.

Precisely because we are going to explore meaningful relationships, **the questions I am about to ask you may sometimes be uncomfortable** to answer. They might trigger some strong feelings in themselves. Sometimes even an impulse to simply close the workbook and not answer the questions. You may even feel the need to rush to food on the spot.

All these reactions are valid. They are signals that something is going on, and you need to pay attention to it. This is exactly why we are here today, and it's the heart of our work together. It's okay to take a break and give yourself some time away from this workbook. Just come back when you feel like you can handle it. Pause as often as necessary, but don't forget to come back!

YOUR RELATIONSHIP WITH YOUR MOTHER OR MOTHER FIGURE



Your Relationship with Your Mother

ASSESSMENT

Not all of us grew up with our biological mother. If you are in this situation, please choose the woman in your life who was a mother figure for you as you were growing up to complete this assessment.

Please take your time to reflect on various situations before you answer each question, as your final answer can bring back different memories and shed lights on several perspectives simultaneously.

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how sure are you that you can count on your mother (or mother figure) to come through for you whatever the circumstances?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel you can communicate with her honestly and respectfully?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel she communicates with you honestly and respectfully?

1 2 3 4 5 6 7 8 9 10



Your Relationship with Your Mother

ASSESSMENT

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much does she truly put forth the effort to try to understand your perspective, even when she disagrees with it?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your mother (or mother figure) is truly interested in you, who you are, and what your dreams are?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your mother (or mother figure) is willing to compromise and adjust as needed to your changes and growth?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “never” and 10 for “every time”, how often does your mother (or mother figure) say “thank you” for something you did for her?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your mother (or mother figure) expects you to still behave with her like when you were a child?

1 2 3 4 5 6 7 8 9 10



Your Relationship with Your Mother

ASSESSMENT

01

Situation 1

Does she value your time and opinion in the same way as she values her own?

Yes No

02

Situation 2

Does she respect your privacy?

Yes No

03

Situation 3

Does your pain spur her to try to help you feel better?

Yes No

04

Situation 4

Does she feel happy about your triumphs?

Yes No

05

Situation 5

Do you feel as much taken care of and supported in your relationship with your mother (or mother figure) as you take care and support her?

Yes No

Your Relationship with Your Mother

ASSESSMENT

06

Situation 6

Do you feel she loves you unconditionally?

Yes No

07

Situation 7

Does she sometimes make fun of you?

Yes No

08

Situation 8

Does she sometimes talk to you in a way that debase, invalidate, or belittle you?

Yes No

09

Situation 9

Does she expect you to take care of her, financially, emotionally, or for tasks like doing clean up or cooking for her?

Yes No



Your Relationship with Your Mother

ASSESSMENT

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your relationship with your mother (or mother figure) has influenced your relationship with food?

1 2 3 4 5 6 7 8 9 10

What would you need to be different in your relationship with her to help you feel better, therefore decreasing your emotional eating?

What’s the first step you can take to get there?

Good job! I know this must not have been easy, but you’ve been through it. I am so proud of you! Please take a break, if necessary, then come back when you are ready to keep going.



YOUR RELATIONSHIP WITH YOUR FATHER OR FATHER FIGURE



Your Relationship with Your Father

ASSESSMENT

Not all of us grew up with our biological father. If you are in this situation, please choose the man in your life who was a father figure for you as you were growing up to complete this assessment.

Please take your time to reflect on various situations before you answer each question, as your final answer can bring back different memories and shed lights on several perspectives simultaneously.

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how sure are you that you can count on your father (or father figure) to come through for you whatever the circumstances?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel you can communicate with him honestly and respectfully?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel he communicates with you honestly and respectfully?

1 2 3 4 5 6 7 8 9 10



Your Relationship with Your Father

ASSESSMENT

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much does he truly put forth the effort to try to understand your perspective, even when he disagrees with it?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your father (or father figure) is truly interested in you, who you are, and what your dreams are?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your father (or father figure) is willing to compromise and adjust as needed to your changes and growth?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “never” and 10 for “every time”, how often does your father (or father figure) say “thank you” for something you did for him?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your father (or father figure) expects you to still behave with him like when you were a child?

1 2 3 4 5 6 7 8 9 10



Your Relationship with Your Father

ASSESSMENT

01

Situation 1

Does he value your time and opinion in the same way as he values his own?

Yes No

02

Situation 2

Does he respect your privacy?

Yes No

03

Situation 3

Does your pain spur him to try to help you feel better?

Yes No

04

Situation 4

Does he feel happy about your triumphs?

Yes No

05

Situation 5

Do you feel as much taken care of and supported in your relationship with your father (or father figure) as you take care and support him?

Yes No

Your Relationship with Your Father

ASSESSMENT

06

Situation 6

Do you feel he loves you unconditionally?

Yes No

07

Situation 7

Does he sometimes make fun of you?

Yes No

08

Situation 8

Does he sometimes talk to you in a way that debase, invalidate, or belittle you?

Yes No

09

Situation 9

Does he expect you to take care of him, financially, emotionally, or for tasks like doing clean up or cooking for him?

Yes No



Your Relationship with Your Father

ASSESSMENT

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your relationship with your father (or father figure) has influenced your relationship with food?

1 2 3 4 5 6 7 8 9 10

What would you need to be different in your relationship with him to help you feel better, therefore decreasing your emotional eating?

What's the first step you can take to get there?

Good job! I know this must not have been easy, but you've been through it. I am so proud of you! Please take a break, if necessary, then come back when you are ready to keep going.



YOUR RELATIONSHIP WITH YOUR SIGNIFICANT OTHER



Your Relationship with Your Significant Other

ASSESSMENT

If you are not currently in a relationship, you might think about your best friend, a love interest that might develop into a relationship in the future, or a past romantic relationship, in order to complete this assessment.

Please take your time to reflect on various situations before you answer each question, as your final answer can bring back different memories and shed lights on several perspectives simultaneously.

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how sure are you that you can count on your significant other to come through for you whatever the circumstances?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel you can communicate with them honestly and respectfully?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel they communicate with you honestly and respectfully?

1 2 3 4 5 6 7 8 9 10



Your Relationship with Your Significant Other

ASSESSMENT

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do they truly put forth the effort to try to understand your perspective, even when she disagrees with it?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your significant other is truly interested in you, who you are, and what your dreams are?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your significant other is willing to compromise and adjust as needed to your changes and growth?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “never” and 10 for “every time”, how often does your significant other say “thank you” for something you did for them?

1 2 3 4 5 6 7 8 9 10

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your significant other expects you to behave with them like they are the one in charge?

1 2 3 4 5 6 7 8 9 10



Your Relationship with Your Significant Other

ASSESSMENT

01

Situation 1

Do they value your time and opinion in the same way as they value their own?

Yes No

02

Situation 2

Do they respect your privacy?

Yes No

03

Situation 3

Does your pain spur them to try to help you feel better?

Yes No

04

Situation 4

Do they feel happy about your triumphs?

Yes No

05

Situation 5

Do you feel as much taken care of and supported in your relationship with your significant other as you take care of and support them?

Yes No

Your Relationship with Your Significant Other

ASSESSMENT

06

Situation 6

Do you feel they love you unconditionally?

Yes No

07

Situation 7

Do they sometimes make fun of you?

Yes No

08

Situation 8

Do they sometimes talk to you in a way that debase, invalidate, or belittle you?

Yes No

09

Situation 9

Do they expect you to take care of them, financially, emotionally, or for tasks like doing clean up or cooking for them?

Yes No



Your Relationship with Your Significant Other

ASSESSMENT

On a scale from 1 to 10, 1 for “not at all” and 10 for “very much”, how much do you feel your relationship with your significant other has influenced your relationship with food?

1 2 3 4 5 6 7 8 9 10

What would you need to be different in your relationship with them to help you feel better, therefore decreasing your emotional eating?

What’s the first step you can take to get there?

Good job! I know this must not have been easy, but you’ve been through it. I am so proud of you! Please take a break, if necessary, then come back when you are ready to keep going.





GOOD JOB!

Please take your time to reflect on various situations before you answer each question, as your final answer can bring back different memories and shed light on several perspectives simultaneously.

Please use this set of questions with someone you feel is important in your life, and who is not one of the previous people stated.

Repeat with as many people you feel your relationship with might have (or might have had) an impact on your emotional eating.



*One step at a time is
all it takes to get you
there.*

Emily Dickinson



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 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?

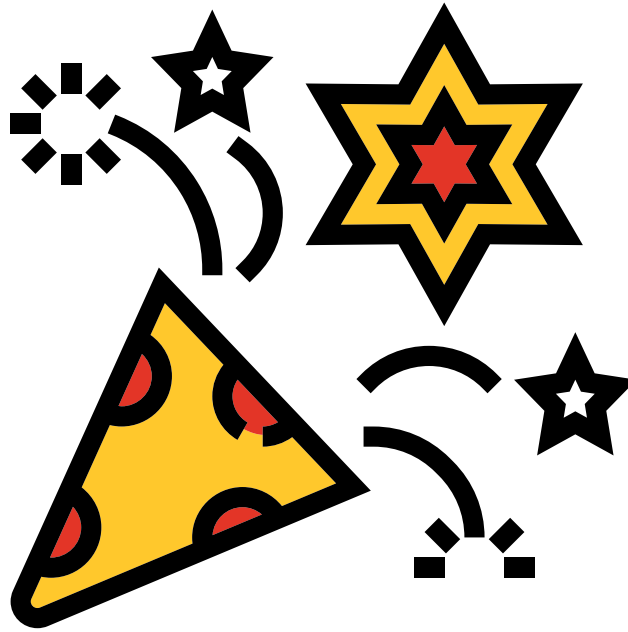
03

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.

