

CLASS



EMOTIONAL EATING AS A COMPULSION



nevereatyouremotionsagain.com

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 never eat your emotions again

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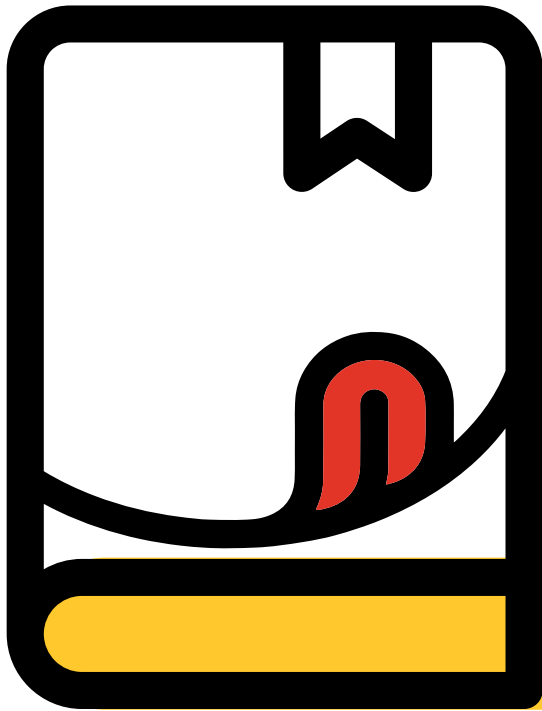
Hey There!



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.

WHAT IS A COMPULSION TO EAT?





Compulsions or compulsive acts can be defined as **repetitious, purposeful** physical or mental actions that **we feel compelled to engage in.**

As Emotional Eaters, we tend to **lose control of when, what, and how much food we take.** We overeat food above our physical needs, even if we already feel full. Sometimes we can eat until we feel completely stuffed.

COMPULSIVE EATING

We can also experience an **uncontrollable urge to feed** on more and tend to eat faster than other people around us. It can translate into eating a large quantity in a short time, or constantly snacking throughout the day.



Emotional eating is a form of compulsive eating: we eat when we are not hungry, and we cannot stop.



When feeling down, we turn to food – not because our bodies are energy-starved, but because **we're love-starved**. We're not after nourishment; we're after dopamine and feeling better.

Many people learn to seek emotional security from food, starting as early as childhood. We just need to eat a lot to finally reach that feeling of security and be able to relax. Not because something is wrong with us, but because **the stress we deal with daily is that intense**, and we don't know how to diffuse it in any better way than with food.

WARNING SIGNS

Common signs that you may experience a compulsion to eat are:

- Having a strong and uncontrollable urge to eat large quantities of food
- Overeating for a short time period, or having constant snacks
- Eating more rapidly than others
- Overeating to the extent of getting uncomfortable and/or sick
- Eating alone most of the times
- Feeling shame and guilt after eating
- Depression and feeling distressed about own eating habits



I feel so bad I need to eat something in order to cheer me up.

THE ORIGINS OF A COMPULSION TO EAT



WHEN WE CHOOSE TO EAT INSTEAD

Sometimes we eat instead of asking for something because **we think it's rude, intrusive, or needy**. Thus, we ignore our own need to not take the risk of bothering someone else.

Sometimes we eat instead of asking for something because **we don't like to think of ourselves as ever needing anything**. We drink our own Kool-Aid in our attempts to convince everyone that we're super strong and never have any needs.

Sometimes we eat instead of asking for something because **we fear rejection** or don't want to risk the other person saying "no". We'd rather not try to get a "yes", because we are certain we will get a "no", and it would hurt us too badly.

Sometimes we eat instead of asking for something because **we simply don't feel like we are worth it**. We believe we're not good enough or significant enough to deserve to have our needs met.

PRACTICED LONG ENOUGH, THE CHOICE TO EAT INSTEAD OF SAYING, ASKING, OR DOING SOMETHING BECOMES AUTOMATIC, AND WE FIND OURSELVES CRAVING FOOD INSTEAD OF WHAT WOULD ACTUALLY MAKE US FEEL BETTER.



FOOD USED TO SATISFY AN EMOTIONAL NEED

Most of us have experienced the worst ending in all these scenarios at one point or another in our lives. How they made us feel contributed to creating a limiting belief. We believe voicing our needs and expecting them to be fulfilled is not going to end well. We believe muting our needs will have a better outcome than expressing them, so we do.

We therefore look for a way to **compensate for our unexpressed and unmet needs**. And our miracle solution was food. After years of compensation with food, we often are not even aware of our original needs anymore. We simply feel the urge to eat, and that has become the only need we are aware of. And a big bonus: we don't need to ask for anybody's help to do that.

Today, on our way to emotional eating recovery, one of the biggest obstacles to us asking for what we need instead of eating is that we often don't even know what we need anymore. We did such a great job of muting and numbing them with food that we have lost touch with our needs.

WHAT IS THE EMOTIONAL NEED BEHIND YOUR FOOD CRAVINGS?



**WHAT DO YOU NEED
WHEN YOU EAT?**



LEARN TO PAUSE

As Emotional Eaters, we usually know when we start feeling anxious, bored, resentful, or frustrated, for example. We can also identify the moment our compulsion to eat becomes irrepressible and we *must* eat something right now... but we tend to not be used to stopping and give ourselves a moment to sit with our urge to eat and ask ourselves: "**What is it I need right now, beyond my cravings?**" It is a difficult exercise to pause as cravings hit us, because we are upset at that moment, and dealing with the feeling of emergency our cravings create. But with practice, it is possible.

When we learn to pause and take the time to reflect on our needs, the answer usually isn't what we think it is. *For example, we might think we're mad at the kids for not picking up their shoes. But what really upsets us is the feeling they disrespect the meaning / need we have attached to the action of putting their shoes up.* And that meaning, or need, may be different for each of us, and vary depending on the moments the situation happens:

- Maybe we need some cooperation from the kids, get the feeling of a connection between family members, like the whole family is working together, and we are not pulling all the load alone
- Maybe we need more order in our lives and in our house to contribute to our sense of peace and sanity
- Maybe we feel taken for granted, and we need to be respected more...

WHAT DO YOU REALLY NEED INSTEAD OF FOOD?



BE KIND TO YOURSELF

For us, emotional eaters, many situations triggering our compulsion to eat occur during the same day, every day. When we decide to lose weight and change our relationship with food, we are able to not eat after the first few situations when our needs are not met.

We may even go on for a few days, or weeks, for the toughest amongst us. But if nothing changes in our daily routine, if we don't voice our needs and they stay unmet, creating tension, stress, frustration, and anxiety... we will eventually need some emotional relief.

And we will finally eat whatever we need, and as much as we need, to come back to a calmer, operational mindset, despite our needs not being met. **Not because we lack willpower, but because we simply would implode without that emotional relief.**

YOU ARE DOING THE BEST YOU CAN



TAKE A CLOSE LOOK AT YOUR NEEDS

When our needs go unmet, a natural tendency is to blame the people around us. *For example, the kids who don't pick their shoes, the partner who takes us for granted, the parents that have impossible expectations for us, the toxic boss ...* And we think it is on them to change for us to feel better and become able to successfully change our relationship with food. Most of the time, their behavior indeed doesn't meet our needs. But we often have trained them well too... For many of us, our most common needs finally come down to these:

- We want to want to **feel connected to someone else**. But when we eat as a response to feeling frustrated or hurt, our choice to eat instead of expressing how we feel leaves us feeling even more disconnected and, therefore less likely to get our needs met.
- We want to **feel acceptance**, but when we eat as a response to feeling rejected, we choose isolation, go home, and eat out of our hurt. Our choice doesn't leave room for the opportunity to feel accepted to occur.
- We want to **feel intimacy**, but when we eat as a response to feeling apart from others, we choose to retreat and eat out of our insecurities. This can leave us feeling like a failure, creating more distance between us and others, and reinforcing our feeling of not being deeply seen.
- We want to **feel harmony**, but when we eat as a response to feeling discord or harshness, choose to shut up and eat out of our fear of conflict. In doing so, we ignore the issues in our relationships instead of addressing them. Making it almost impossible for us to feel a safe connection to the other person.

WHAT DO YOU CRAVE THE MOST?



START WITH YOURSELF

Change starts with us. Hoping those around us finally see what we need, understand how their behavior makes us feel, and change their attitudes keeps us powerless and passive. If our well-being depends on others' choices, we will find ourselves still waiting a hundred years from now. The more we learn to own our choices, the more we regain power and control over what happens to us. The more we speak up, the less our needs will be left unmet.

Some tough decisions may await us along the way. We might have been avoiding them for a while, with the help of food. Some of the people around us may choose to not stay around us if we ask them for more, or set different boundaries. Letting them go may hurt us. But the control and willpower we applied on ourselves to mute our needs in order to keep them around will then be available in our relationship with food. And by leaving us, they will make some room for someone new, who will respect our needs.

**WHAT IS YOUR FIRST DECISION TOWARDS
FOOD FREEDOM?**





CONCLUSION

THANK YOU!

You may recognize yourself in several of the above descriptions. Please try to keep negative self-judgment at bay. I have personally practiced every type of emotional eating multiple times. **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 already took it. Yes, it is already 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 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?

02

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

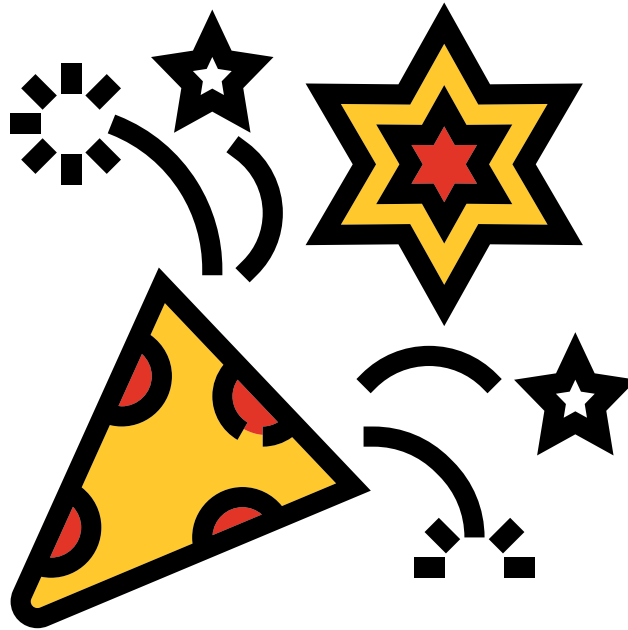
03

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

[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.

