

MARION HOLT



**YOUR EATING
COMPULSION
AT WORK**

WORKBOOK



nevereatyouremotionsagain.com

 never eat your emotions again

YOUR EATING COMPULSION AT WORK

Workbook

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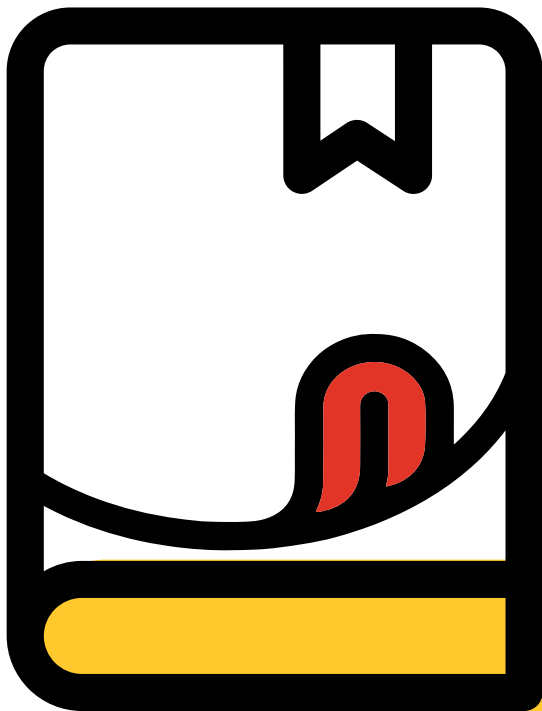
Hey There!



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 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.

**DO YOU EXPERIENCE
COMPULSIVE EATING?**



RECOGNIZE THE SIGNS OF COMPULSIVE EATING IN YOUR BEHAVIOR

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. As Emotional Eaters, we often deal with a high level of stress on a regular basis, and eating is our most efficient way to diffuse it. **Food has become our best ally** to go through life and depriving ourselves of the emotional relief it provides only increases our level of stress.

But when does our relationship with food become compulsive? On the following page, you will find some **common signs of compulsive eating**. Please check “yes” for those that apply to you, often or just sometimes, and check “no” for those that never apply to you.



Signs of Compulsive Eating in my Behavior

ASSESSMENT

01

Sign 1

I sometimes have a strong and uncontrollable urge to eat large quantities of food.

Yes No

02

Sign 2

When I eat, I tend to overeat during a short time period, or to have constant snacks throughout the day.

Yes No

03

Sign 3

I tend to eat more rapidly than others, and I am usually the first one to finish my plate.

Yes No

04

Sign 4

I have difficulties identifying when I am full, and even when I do, I tend to overeat to the extent of getting uncomfortable or sick.

Yes No

05

Sign 5

I am more comfortable eating alone than with others because I feel I can eat what and how much I want without being judged or feeling ashamed or guilty.

Yes No

Signs of Compulsive Eating in my Behavior

ASSESSMENT

06

Sign 6

My eating habits tend to make me feel depressed or distressed.

Yes No

07

Sign 7

I tend to feel shame and guilt after eating.

Yes No

You've got this!

Signs of Compulsive Eating in my Behavior

YOUR RESULTS

If you answered “yes” to more than one question above, you probably have experienced compulsive eating in the past. The more “yes” you checked, the more intense the compulsion, and the more difficult it is to resist.

How do your results make you feel? How does this assessment shed new light on your relationship with food?



IDENTIFY YOUR COMPULSIVE EATING TRIGGERS





Compulsive eating appears when some of our **emotional needs go unmet**. These unmet needs create inner tension, and eating is what allows us to release this tension, and to not implode.

So why do we choose to eat instead of expressing what we need?

WHY WE EXPERIENCE COMPULSIVE EATING

Here are a few examples of the reasons why we sometimes choose to eat instead of expressing our needs.

- Expressing them feels too vulnerable,
- We don't feel entitled to,
- We don't believe we can be heard,
- We don't want to be trouble,
- We don't want to be perceived as selfish,
- We have been disconnected from what we feel for so long that we don't even know what we need any more, let alone how to express it...



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

Introspective Exercise

WHY WE EXPERIENCE COMPULSIVE EATING

Directions

Take all the time you need to complete this exercise; it is a tough one. It requires digging in inner areas we are trying to not look at because they make us uncomfortable.

If you are having issues answering some questions, just let them sit for a while, even a day or two. The answers will come to you and make their way out.

Sometimes, answers come out in layers. You may write an answer, and a little while later, you may feel like it is not totally accurate, or incomplete. If this is the case for you, just come back here and adjust your answers.

There is one risk to pay attention to, though. As emotional eaters, we are used to invalidate our own feelings. If you want to come back to your answers because what you wrote down suddenly seems too harsh, exaggerated, or unfair to someone else, please don't. This is just your inner critic trying to sabotage you and silence you one more time. What you wrote down is your truth, and you are entitled to it.

READY?

Please, think of the last time you ate your emotions or felt the urge to overeat. Then go to the next two pages and answer a few questions.

Introspective Exercise

WHY WE EXPERIENCE COMPULSIVE EATING

01

What happened just before you felt that urge to eat, or in the previous few days?

02

Who or what were you upset at?

03

What is it you really needed in this situation?

Introspective Exercise

WHY WE EXPERIENCE COMPULSIVE EATING

04

What action do you wish you had done in that moment, or what do you wish you would have said?

05

What would this action or these words have represented for you? What would have been their meaning?

06

What is it you were actually craving or longing for in that moment (that food was a substitute for)?

One Step Further

WHY WE EXPERIENCE COMPULSIVE EATING

When you have all your answers written down and you don't feel the need to adjust them anymore, give yourself a day or two. Let things work in the background of your mind, and maybe let your emotions settle a little, if necessary.

Then please come back to the original situation that triggered your eating response. You already identified your real needs in that context in the previous questions. Now, let's focus on how you could have expressed these needs to the people involved, in order to be heard.

When the situation happened, what could you have said? What tone could you have used? How could you have negotiated an acceptable compromise?



One Step Further

WHY WE EXPERIENCE COMPULSIVE EATING

Sometimes, there is no good answer to that question. Your needs are not heard because the other people involved do not want to hear them. In that case, it is important to start working on your personal values, how you can take care of your own needs even in a hostile environment, or how you can and are allowed to extract yourself safely from that hostile environment.

But some other times, there is something to salvage. The other people involved are not aware of your needs because they are used to you not expressing them. The whole dynamics of the relationship needs to change. It may not be easy in the beginning, because change is never easy. Not for them, nor for you. You may encounter some resistance on their part along the way. But once you can express what you need and they can understand you, you will be able to build some common ground.

In the future, every time you experience an episode of compulsive eating, rather than beating yourself down afterward, I encourage you to go through this same set of questions. With time, you will probably see **a pattern** emerge, and the **same type of needs recurrently going unmet**. These will be the ones to focus your attention on. You will become more aware of what you need, in real time. You will be able to express those needs quicker and with more accuracy. And food will become less and less necessary to diffuse your inner tension.





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 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?

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?

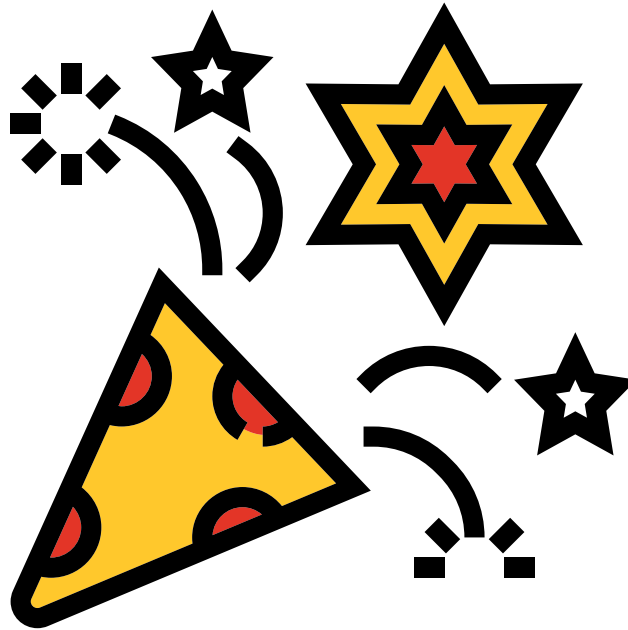
03

What have you become more aware of?

You Did It!

THANK YOU!

This 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.

