

A Guide for Emotional Eaters

I have yet to meet a woman wanting to lose weight - or get healthy by some other standard - who doesn't come to me knowing that cookies, or that super salty bag of chips - isn't helping.

The reality is... knowing isn't enough.

That's because something happens right before you eat the cookie - or chip - that leaves you feeling like, in that moment, there is simply no other option.

What leaves YOU feeling that way?

In that moment, what are you seeking?

(distraction? comfort? to go numb? something else entirely?)

Use the space below to describe how you are hoping to feel/what you are hoping to gain through food?

Notice whether or not that immediate goal is aligned with your goal to look and feel your best. If not, which matters more to you? Be honest with yourself.

Without judging yourself, be honest. How do you feel after the bag of cookies or chips? Does it take you where you want to go or somewhere else?

(pay attention to how you feel 20 mins, 2 hours, and a day later)

What might work?

Assuming the food doesn't produce your desired state, use the space to brainstorm. Try to come up with at least 3-5 things that might be more effective in supporting you through the moment without undermining your goal to look and feel your individual best.