

Freedom from Emotional Eating; *Changing your relationship with food*



Tackling tricky times – Planning ahead

This sheet is to list your difficult times of the day/week/month or even key events where you know you are not in control of yourself around food. There are some ideas below to help you create your list- then we can work on the strategies.

- We can start with the regular day to day problem times; such as cooking dinner, mid afternoon dip in energy levels, having a cup of tea and habitually wanting a biscuit to go with it, kids supper time, watching TV, snacking while having a glass of wine or beer etc. This tends to be an unconscious pattern and highlights that we are often operating on auto pilot.
- We also tend to eat in an unplanned way if we feel uncomfortable with our emotions; feeling tired, stressed, down, angry, overwhelmed, depressed or even happy and celebratory. If you are aware of these sorts of triggers just jot them down too.
- Over eating at events; birthdays, weddings, picnics, meals out, having dinner at a friend's, or having visitors. We can often end up eating just because we have paid for it, or because it's treat food and we may miss out, or because we don't want to appear rude, or even just because we can't help ourselves.
- Sabotaging thoughts; I deserve it, I'll miss out if I don't eat it now, I never lose weight anyway, I've already broken my diet anyway, I've got no will power, it'll cheer me up etc etc.

How to tackle them

Once you know what the events are and how you are feeling you can **tap on them** and start to **regain control again**. Remember, this won't be an overnight cure but a progressive work, clearing layer by layer, trigger by trigger. It is worth it because you don't want to be in this much pain anymore. Tapping will help you feel free of emotional eating.

Once you've tapped, hopefully the need has gone away, but if it hasn't what else could you do to soothe yourself? If it's habitual eating, you need to become more aware of your surroundings (becoming more mindful), maybe sing to the radio, become more active with the kids, have a piece of fruit or some nuts/seeds with your cuppa, make a phone call, read your motivation cards, potter in the garden, exercise, dance for 5 minutes, listen to a meditation. Remember that you are choosing another way and you will need to remind yourself of this to begin with. You could delay the treat until Friday for instance, so you are never telling yourself I'm not having it, you are just saying "not now, I'm choosing to save it for another day, I'm going to read instead because I love reading" (for instance).

Triggering Event / Time of Day	Your 'go-to' food / what you tend to consume	Feelings at this time (just guess or check in with yourself at a later time)	What else could soothe you at this time? Remember to tap too!

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