

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



Remarkable Events

This week we're going to dig a bit deeper. **Remember to tap, use the heart math breathing or the Triple Warmer stroke** to help you feel as relaxed as possible while doing this exercise.

Last week you saw how many unhelpful beliefs you have that are getting in the way of your weight loss/ food/ body image goals. This week the aim is to recognise the events / remarkable moments of our lives (including childhood) that probably still carry emotional charge to them, which may be weighing you down in the present.

On a fresh piece of paper draw a line across the widest part of the page. The beginning of the line is when you were born the end of the line is where you are right now.

Start to note the key events along the line, annotating your approximate age, with the key emotions that come to mind, such as:

- divorcing – either your parents or you as an adult
- bullying – being the bully or the victim
- bereavement - parent, sibling, grandparent, miscarriage, child, friend, pet etc
- abuse - (sexual, physical, emotional abuse. It something that will be hard to put a date on, but maybe you are able to limit it to a particular relationship or period of time)
- illness -yours or a family member, that impacted you greatly
- accidents or hospitalisations - to you or a significant person
- self harm
- something that still makes you feel shame or guilt when you think about it
- fearful or anxious times
- violent relationships
- unwanted pregnancy
- new school/university if they were difficult times
- did you live with other family members as you grew up
- times that you felt depressed

Stay Alert: Maybe the divorce of your parents, if you were small, doesn't evoke any particular feelings but your dad not picking you up for a visit does; that's the sort of thing that we are looking for.

When you have your list of remarkable events or aspects (as much as you can remember at this time), pick the one with the most 'charge' (what feels strong and uncomfortable to you) and write it at the top, or to one side of another sheet.

Then, satellite all the things connected to it; there's an example overleaf to help, but please remember this is **your** event, **your** perspective of that event and how it has left **you** feeling. **The feelings are the most important aspect of this;** while you are carrying the weight of that situation around with you, there will be an aspect of you that needs comforting and that's where food will pop up as the rescuer, until you release this. So Tap!

You may want to detail what was physically happening, where were you, who was around you at the time, how were they reacting and did that have an impact on you also, what had been your expected outcome, thoughts that popped up, feelings etc.

Once you have recognised the feelings, tap on them- find out what colour the feeling is, where it sits in/on your body, what shape is it, what is it made of etc? How is it representing itself to you? Tap them down individually until they have no charge. Even if you can't recognise the feeling, tap on how the sensation is represented to you.

Remember, an unmet need at anytime during your life, may well result in emotional eating to fill the hole that the unmet need has caused.

There may also be a sense of deprivation; deprivation of love, money, time, food, physical connection, emotional connection, a feeling of safety (maybe there was abuse, or you had an angry parent or you moved around a lot or you lived in a rough neighbourhood, or were bullied; your sense of safety may be compromised).

Was there something that occurred when you were small that made you want to be big? Look at that too!

Example:



Mapping out this memory helped me understand all the different aspects that this one memory created. Once I had the awareness, I could then use my tools to release the emotional pain and untruths.

What it felt like: The feeling of worthlessness represented itself as a black oval disc in front of the solar plexus; replacing the belief of worthlessness with feeling worthy is an important step in self empowerment.

So, if you have a memory that keeps popping up, give yourself time to jot down what comes to mind and the feelings that go with that and then clear them.