

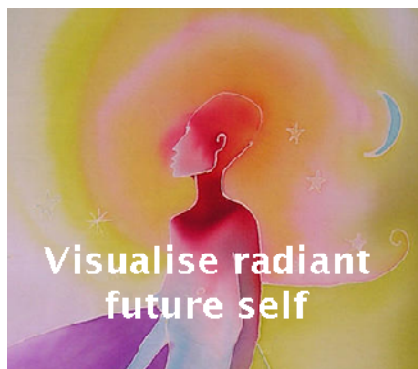
## Freedom from Emotional Eating; *Changing your relationship with food*



### 16 second Loving Pause

Cravings don't last long and if you seek out the real need and satisfy that, the craving disappears. Here's another technique to try, and use it if it's helpful.

If you find yourself at the fridge or the cupboard with the craving, **do an about-turn** then:



Add in your **inspiring** and **emotive words**:

**Confident**  
**Energised**  
**Slender and toned**  
**Fulfilled**  
**Full of life**  
**Empowered**  
**Vibrant**  
**Strong**  
**Courageous**

