

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



### Fulfilment and Empowerment

Have you ever noticed that when you are feeling happy and fulfilled that life seems/feels easier? That maybe you feel at ease around food? Energetically speaking when we are happy/contented/ fulfilled we are “in flow” and it is so much easier to be loving, kind and present than when we feel the opposite.

Most of us want to create a life that we love. If we do that we help those around us to see that they too could create a life that they love. We set a beautiful example for our children too. Conversely we know that by focusing on the difficulties or the things that we don't like, appreciate or want that we are unable to create that life. So, this exercise is created to help you see where in your life you are feeling a lack or emptiness, so that you may address this. The lack or emptiness will be crying out to be filled, and we (on this programme) inappropriately fill it with food. The more we dig and clear the better we feel in the long run and the more easily we can release the patterns of emotional eating and the weight issues that often go with them, be compassionate and loving towards yourself and others, if that's possible for you. You cannot change someone else's behaviour but you can change how you respond. The more you release the triggers the less you will be affected. So keep going.

So, in the space overleaf, write your findings on what comes up.

Where in your life do you feel:

- Powerless
- Unfulfilled
- Unvalued
- Unheard
- Disconnected
- Unsafe
- Unseen
- Deprived

Some areas to look at:

- Relationship with spouse (incl. communication, sexual connection)
- Relationship with parents
- Relationship with friends and family
- Relationship with children
- Work environment and what you do (include: overall do you enjoy it?)
- Living environment
- Voluntary work
- Spiritual practice

Once you have this information it is time to start tapping to clear it out. Once you have cleared the feelings you will begin to feel freer and more resourceful and then able to find ways to create a sense of fulfilment, connection, empowerment and feel like you are a valued person.