



# Emotional Eating Freedom

## Cheat Sheet

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### How Emotional Eating Works

- Your feelings and actions are created by a thought. Remember to stay in the present moment, not in past experiences.
- Don't change too many things at once. Be patient with getting consistent with small changes first.

### Self-Exploration

- Determine WHY you are wanting to eat. Ask yourself "Am I hungry? If not, what am I FEELING?".
- Phases of Change remind you that you jump back into preparation and action phases.

### Self-Soothe

- Create your Coping Toolkit with Activities and Mind Games to help you cope with stressors.

### Self-Monitor

- Keep your eyes peeled for any of these: Hungry, Angry, Lonely, Tired. HALT!

### Self-Respect

- Make your To-Do list for creating more self-respect.

### Toolkit Preparation

- Prepare, display and USE your new coping toolkit. Become familiar with your positive alternatives to emotional eating.

### Grace

- Take time for a mindful pause and to express gratitude before eating anything.

### Self-Acceptance

- Accept the circumstances that you cannot change. Get on board to let go of resentments and anger.
- Ditch old weight loss tactics that do not work long-term. Embrace what does work for you.

### Self-Compassion/Self-Forgiveness

- The spectrum of behavior changes reminds us to celebrate all improvements!
- Say "Bless your heart" instead of berating yourself for a flub.
- Forgive yourself & others.

### Self-Expression

- Choose various forms of art, express yourself and create just for happiness
- Decrease resentment by expressing your feelings and asking for what you need.

### Self-Awareness

- Watch for warning signs of backsliding.
- Remember that this is a lifetime of practice. Perfect is not the goal.

### Journaling

- Create a regular practice of 3D Journaling: Details, Doods and Desires. Let emotions out instead of pushing them down.

### Self-Love

- Change the tone of your messages to yourself. Speak to yourself as if you are an innocent child.
- Spend time expressing gratitude for the good in your life.
- Create and repeat affirmations. Fake it til you make it!

### Self-Care

- Start therapy when you make the same unhealthy choices without explanation. A therapist can help you dig deeper.
- Create your own community of supportive and positive people who have common goals.
- Practice time management by getting realistic and organized.

### Trouble Shooting

- Use SMART goals to create an action plan for implementing good nutrition and physical activity: Specific, Measurable, Actionable, Realistic & Time-Bound.