

Emotional Eating

It is called "emotional eating" when you use food to numb uncomfortable feelings. However, no amount of food will ever satisfy emotional hungers. Transforming the deep conditionings that have led to you using food to fix life's problems is a gradual learning process. You figure out your patterns and explore your deep needs and hungers. Then figure out new ways to cope. Notice your reactions to the following feelings--HOW do you respond?

Feeling Words

Happy

Festive
Contented
Hopeful
Proud
Excited
Peaceful
Joyous
Enthusiastic
Glad
Pleased
Cheerful
Playful
Lighthearted
Social
Surprised

Anxious

Fearful
Guilty
Nervous
Afraid
Fidgety
Helpless
Panicked
Alarmed
Insecure
Confused
Suspicious
Over busy
Out of control
Impatient
Disheartened
Tired

Angry

Resentful
Irritated
Impatient
Bitter
Enraged
Sulky
Frustrated
Fuming
Angry

Overwhelmed
Up in arms

Hurt

Injured
Grieved
Ashamed
In pain
Suffering
Crushed
Victimized
Heartbroken
In despair
"Poor me"

Sad

Cynical
Disappointed
Pessimistic
Lonely
Unhappy
Gloomy
Sad
Depressed
Discouraged
Low
Moody
ill at ease
Blue
In the dumps
Dejected
Rejected

See a pattern?

Each time you eat,
take note of your feelings.

Find non-food ways to soothe your
feelings. What's going on? What could you
do instead of eat?