

Break the Cycle

How to Stop Emotional Eating & Take Control of Your Relationship With Food

A Step-by-Step Guide to Overcoming Emotional Eating and Building Mindful Eating Habits



Do you find yourself eating even when you're not hungry? You may be emotionally eating. This can feel like an endless cycle of seeking comfort in food, only to be followed by guilt and dissatisfaction, leaving you feeling frustrated, sluggish, and mentally and physically off. But with the right tools and understanding, you can break free from this pattern and develop a healthier relationship with food and your emotions.



Step 1: Understand the Cycle of Emotional Habits

Emotional eating often stems from a subconscious pattern:

- ✓ Eating as a distraction – Using food to suppress or soothe uncomfortable emotions.
- ✓ Negative self-talk – Being too critical of yourself can reinforce unhealthy habits.
- ✓ Guilt after eating – Feeling bad about food choices can lead habitual eating cycle.
- ✓ Lack of self-compassion – Breaking free requires treating yourself with kindness.



Step 2: Differentiate Between Emotional Hunger & Physical Hunger

- ✓ Physical hunger will be there even if you drink some water, you'll feel it in your stomach. After eating a healthy, balanced meal, you'll feel satisfied and your brain will signal that you are full.
- ✓ Emotional Hunger: Feels like a heavy, intense craving without the stomach growling. You may intensely crave foods that are salty or sweet, and then those guilty feelings occur.



Step 3: Identify if You Are an Empathy Eater

Do you take on the emotions of those around you? If so, you may be an Empathy Eater, using food to process the stress or emotions of others.

- ✓ Be mindful of how other people or situations affect you and your eating habits.
- ✓ Identify whether certain feelings (stress, sadness, frustration) trigger cravings.
- ✓ Place a visual cue (photo, inspiring quote) near your fridge or pantry to pause and reflect it before eating.
- ✓ Journal your specific goals and intentions, identifying why you want the outcome you're desiring.



Step 4: Practice Mindful Eating for Lasting Change

Being mindful as you enjoy a meal helps you stay in the moment, increases your awareness of what your body is signaling.

✓ Savor the first few bites – They provide the most

pleasure; slow down and enjoy them.

✓ JUST EAT!! No reading or scrolling. Notice the

difference and awareness you feel.



- ✓ Avoid food shopping or going to a gathering with food on a empty stomach. This reduces impulse buying and eating.
- ✓ Keep tempting foods out of sight – Out of sight, out of mind!
- ✓ Connect with someone else who wants to overcome emotional eating. Studies show that having a buddy with a similar goal promotes those goals to coming to fruition.



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Permanently stop emotional eating.

You now have some powerful strategies to break free from emotional eating patterns and to begin to build mindful, healthy habits. But know that these steps are just the beginning- taking action is what truly makes all the permanent changes that you want around eating.

With mindset training, this will happen and without needing will power!

Are you ready to dive deeper and finally make lasting changes in a supportive group setting?



I offer expert NLP (Neuro Linguistic Programming) life coaching and hypnosis techniques that will retrain your subconscious mind, eliminate unwanted habits, and rewire neural pathways that result in permanently changing the way you eat and handle cravings. Make this the last step you'll ever need, leading you to a healthier and fitter you!

Click below to learn more!



Weight Loss Breakthrough Program