



Feel Great About Your Body & Yourself Every Day!

Alice Greene
America's Healthy Lifestyle Coach

5 Secrets to Control Emotional Eating

1

Gain Awareness of When You Turn to Food to Deal with Emotions

If you are not paying attention to when you turn to food to cope with situations, you can't stop.
Notice if you are eating because you are hungry or for a different reason.
How do you feel after you eat, both physically and emotionally?
Do you notice any emotions going on? What were you feeling before you ate?

2

Don't Judge Yourself for Emotional Eating

When you judge yourself or feel judged, you will want to eat even more food.
Be neutral as you observe yourself eating, even if you know you aren't hungry.
Don't assume the worst about yourself.
Assume there is a good reason when you turn to food when you aren't hungry.

3

Become Curious About Why You Are Really Eating

There are 8 possible reasons for eating when you don't need food.
Is the reason really emotional eating? It might not be, or it could be multiple reasons.
Emotional eating usually occurs when you repress or avoid feelings (including stress) or when you rebel against restrictions and being told what to do.
Notice if you are having a strong reaction to something and identify the feeling.
Are there more emotions underneath the obvious one?

4

Understand Your Pattern with Emotional Eating

You may notice there is a pattern to when or why you turn to food to cope.
Do you reach for food to comfort yourself, cope or de-stress on a regular basis?
Do you find there is a pattern to when you are most often triggered to eat?
Do you go for different foods or certain types of foods to deal with things?

5

Create Strategies to Support Yourself in Eating Healthier Foods

Consider things you can do that will help you create a healthier outlet for your emotions.
What are some healthy ways you can acknowledge and express your feelings?
What do you really need that you aren't getting, that would feel better?
What are other ways to resolve the real issue that is going on?

Come up with other strategies to identify, express and resolve your emotions.



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What do you think is really triggering your emotional eating?


