

# Emotions and Eating

## Opening Thoughts

- We are taught that food is love, comfort, soothing, reward, etc.
- The emotional comfort of food is negated by the guilt we feel afterwards.
- Loss of control eating can be mistaken for emotional eating.

## The Continuum of Emotional Eating



## Triggers for Emotional Eating

- stress, anxiety
- boredom, procrastination
- bribery, reward, celebration
- soothing, comfort
- frustration, anger, rage
- love, connection
- excitement
- release

— “

Emotional eating is only a problem when you abuse it; feelings go straight to eating, with no interpretation.

- Ellyn Satter

” —

# The Four Essential Questions

Am I biologically hungry?

What am I feeling?

What do I need?

Would you please...?

## Healing Emotional Eating

- Avoid an eating pattern that is overly restrictive.
- Prioritize self-care.
- Identify the reward you have been getting from emotional eating.
- Replace guilt with self-compassion.
- Appreciate the gift of emotional eating.

## PHYSICAL HUNGER vs. EMOTIONAL HUNGER

Develops gradually	HOW IT STARTS	Happens suddenly and feels urgent
In the stomach (stomach growling)	WHERE IT'S LOCATED	A thought you can't get out of your head
Almost any foods	WHAT SOUNDS GOOD	Only specific comfort foods
Once your stomach is full	WHEN IT'S SATISFIED	Not until you feel uncomfortably full