



WEIGHT LOSS PROGRAMS

Cheat Sheets - SESSION 9

I DON'T LET EMOTIONS GUIDE MY MOUTH

What Are My Top Triggering Emotions (Situations Associated With Them)?

Your top 5 (or 3, there is no right number)
emotions:

Situations/people it is mostly
associated with:

Example: Learn to Identify and Describe Your Top 3-5 Emotions

- **Emotions - Example: Loneliness**
- Peel the layers, what is behind this emotion at that moment:
 - **Event or Trigger:** It is 5pm, I had a tough day, I watch TV, I eat chips mindlessly and empty the bag...
- **Describe your emotion on a paper:**
 - Loneliness: nothing to do, nothing to look forward to, tough to be alone at home, no friends to do something with etc.
 - Start with words like “I feel”, describe your physical state or symptoms, describe what the eating is doing to you, be honest and dig deep inside

Describe the Emotion – Peel the Layers

One page per emotion

- **Emotion:**
- Peel the layers, what is behind this emotion at that moment:
 - **Event or Trigger:**
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 - **Why and how you feel, peel layers:**
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Now Identify Your Wants

Examples of Wants:

- Love
- Empathy
- To be heard
- Support
- Trust
- Validation
- Respect
- Affection
- Camaraderie etc.

Write Your Top Wants/be specific and dig deep. You may need several pages:

Understand Your Wants

Find Solutions

- Example:
 - I am not happy with the outcome of this conversation and feel I was not heard by my mother regarding my marital situation(hence I am having ice cream)
 - Step 1: Identify the emotion(s): Frustration, feeling belittled and imperfect, not meeting mother's expectations
 - Step 2: Identify your wants: I want to be heard and respected, I am a grown-up woman now, I am not my mother, I am myself, this is my life (I chose it)
 - Step 3: Design a solution that will answer your wants

Example: From Emotion to Solution

- Situation: My partner criticized my new dress - meant it made me look fat!
- I feel sad and inadequate that my partner finds me ugly in that dress, in fact he/she thinks I am too fat
- I want to feel loved for who I am and be encouraged (in my weight loss efforts)
- Solution(s) - You have several:
 - I will talk to him/her and share my efforts and results and how hard it is. I will ask for emotional support or,
 - I will continue to lose weight w/o sharing my results and wear this new dress every week no matter what or,
 - It's time to find a new partner or stop looking for his/her approval.

Example: From Emotion to Solution

One page per emotion or “want”

- Situation:
- I feel:
- I want:
- Solution(s) – short and long term:

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Write Down the Many Ways Food Is Not Solving the Emotions

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Tips for Slowing Down When Eating

- Give thanks before eating
- Remind yourself to be gentle with yourself
- Eat at your own pace
- Try new foods/new tastes/new recipes
- Surround yourself with healthy foods

Practical Tips:

- Put your fork down between each bite
- Sip water between each bite
- Eat what you love best last to keep a most pleasurable last palate experience
- Eat vegetables/salads first, they will make you feel full quicker and require more chewing
- Count your nuts or chips...It will slow you down
- Give yourself an allotment of healthy snacks each day

Other Considerations When Temptations Appear

- Do I really want this?
- What is the health factor of this food?
- Is this nutritional/delicious/unique?
- Is this supporting my exercising/muscle building needs?
- Is this supporting my vision for a healthier me?
- What problem is it solving?
- Am I hungry?
- This is just food. Is it controlling me?

My Plan When Temptation(s) Occurs

My Plan Is to:

Identify Your Triggers vs. Treats

Trigger food: A food that will trigger a spiraling of wanting more (sugar heavy)...

Treat food: A food you like that can be taken instead to help you stay in control or that you know you will only have once

Examples: - **Treat:** A nice quality ice cream, once a month/a few chocolate covered almonds

- **Trigger:** This doughnut in the morning, makes you want more sugar later



Triggers	Eliminate or Replace with Treats

Write Your Mindful Eating Mantra(s)



A Last Exercise

Describe all the reasons why food(s) is not solving the issue(s) or emotion(s)