Day #1

5 Days to Crush Emotional Eating

Mind Over Muffin
by Leanne Lisbon

Day #1: Food Is Not The Issue

Hey Lovely, below you will find some questions for today's content, you can answer them on this document or simply use them as journaling prompts in your journaling practice.

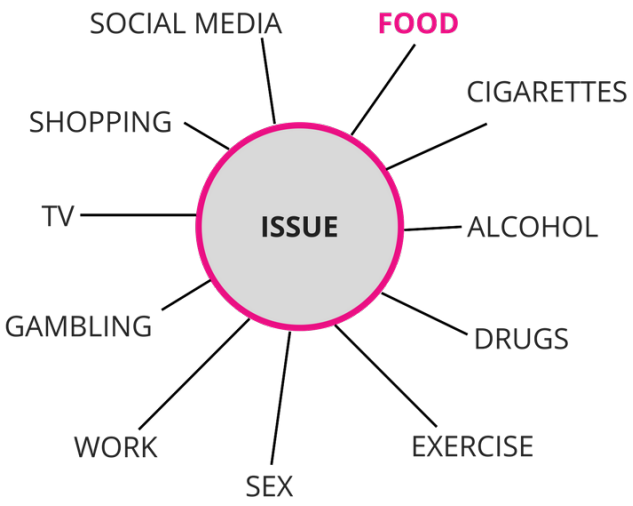
If you're new to journaling then think of it as a way of processing your thoughts, becoming conscious of what's going on in your mind and of emptying any busyness that's taking place.

When I first started journaling, I thought it was a bit weird, a bit 'dear diary today I…' and wasn't sure what to write, I really over thought it. My advise would be, just go with it, let the pen flow, let your thoughts flow and enjoy the process, it will become very therapeutic. So many of my amazing clients have grown to love journaling and never miss a day of it now.

So give it a go, get stuck in, I promise you'll feel the benefits.

Whats The Real Issue?

Today I want you to get clear with what these eating habits are really about. Below is the image from today's video, take some time and consider the weight you're carrying, or the food you're eating in a whole new way, what's really happening at the root?



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What am I really using food to deal with?

In what ways am I using food as a coping mechanism for something I haven't dealt with?

What could the issue at the centre of this diagram be for me? Brainstorm some ideas, go with whatever comes to mind, just write it down.

What emotions are underlying my eating habits or excess weight?

What emotions am I carrying from the past?

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When did this all begin? (Was there a turning point in life where food was used emotionally like my story with the break up?)

What is food giving me in these moments? (Dig deep here, there will be a reason)

What does food distract me from?

What are my trigger points to use food emotionally? What am I thinking about? Who am I with? Where am I?

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In what ways can I acknowledge now that diets were never the answer to solving this?

What other areas of the issue diagram do I use and why?

If I was to work on or let go of the real issue that's happening for me what would be the benefits in my life?

Great work lovely! Be sure to download your meditation and have a listen. Find a quiet place where you'll be undisturbed. If you want to journal after your meditation on any of your realisations or how you're feeling, go for it!

See you tomorrow!

Leanne x x

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To change your relationship with food you must first change your relationship with yourself

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