



# Training #2

## EMOTIONAL VS PHYSICAL HUNGER

## *Training #2*

Hey Lovely, welcome to Training #2 of The Crush Emotional Eating Challenge. This week is all about emotional vs physical hunger and bringing your unconscious habits into your conscious awareness so you can make some big changes with your eating.

In this workbook you'll find some questions and exercises to go with the video. Make sure you watch the video first.

### *Takeaways from the video*

After watching the video from this week what are your biggest takeaways? What did you resonate with? What light bulb moments did you have?

What did you learn about your conscious vs unconscious mind?

What is your understanding of the difference between physical hunger and emotional hunger?

### *Things to remember...*

**Emotional Eating** = Eating to either gain an emotional reward from food OR to squash down or release an emotion that you are feeling.

**Binge eating** = Born out of retaliation to restriction and deprivation. It can feel out of your control. It is still driven by emotional triggers and thoughts.

**Craving** = A thought and/or feeling (trigger) that fires a neural pathway in your mind that makes you want to eat to gain a certain positive outcome. (E.g comfort, distraction, stress release etc)

**Physical hunger** = Builds slowly over time.

**Emotional hunger** = Comes out of nowhere, fast.

Most of the time we think we're physically hungry but we're actually emotionally hungry. When we start to tune into this, become more present and connected to our body we can start to differentiate between the two. This is why becoming more mindful is SO important.

Remember, food cannot really give you the thing you're searching for! Love, comfort, happiness, fulfillment, stress release, these things might momentarily seem to come from eating, but soon enough the urge for food returns because it was never truly fulfilled.

The problem...we don't give ourselves time to assess what we're feeling or thinking when we get the urge for food and so we act before we can make a conscious decision about whether we really need it for physical reasons or not. This means that a very high percentage of the time, you're eating based on emotion rather than physical need and so therefore consuming more than your body needs.

## *First Step Of Change...*

### *Part #1:*

The first step of any change is awareness. You have to become aware of WHAT and WHY you're doing what you're doing so you can make changes.

Currently you're trying to get something positive from food. We want to unpick this and reprogram your mind to find a more positive solution.

It's really important that you start to bring the eating habits that are happening unconsciously (on autopilot) into your conscious awareness. In order to do this, you're going to keep a Food & Feeling Journal.

This means when you want to eat, you're going to get really clear on WHY. So for 3-4 days I want you to keep a track of your eating habits.

When you want to eat, get a craving, the thought of food or urge for food, I want you to tune into the THOUGHT and FEELING that are linked to this and write it down. Keep a little notebook with you or keep a list on your notes app on your phone.

What are you thinking about at the time of wanting the food and what are you feeling? Assess whether it's an emotional urge or whether physical hunger has been building slowly over time.

**Do this for 3-4 days and only then come back to complete the rest of this workbook.**

## *Part #2:*

How did you find the experience of keeping your Food and Feeling Journal?

What did you realise about yourself and your relationship with food?

List out the examples from your food and feeling journal that you tracked.

What were the most common thoughts you had that were associated with you wanting to eat?

What were the most common feelings that were associated with wanting to eat?

List all the reasons WHY you wanted food. What did you want to get from it? What were you trying to distract yourself from?

Do you believe food can really give you the things listed above?  
And why?

For all the reasons above what is another more positive way that  
you could get the things you're truly searching for?

What could you introduce to keep your stress/emotions more  
balanced?

What could you introduce as a new more positive way of getting  
what you really need? (E.g love, comfort, happiness)

Aim to introduce the above this week. If you're unsure and need some support head to the Facebook group and ask the group. We can come up with some ideas together.

## *Meditation*

You also have a meditation to help you become more present and aware, use it every day. Listen in the morning. Get yourself in a good state. This will help you become more present and in the moment which means you can be more present and aware of the way you feel, your thoughts and your eating habits.

When will you schedule time to do this?

What will the positive outcome of you doing this be?

*Leanne x x*



Mind  
Over *Muffin*  
by *Leanne Lisbon*

“ The only way to lose weight and keep it off is to go to the unconscious mind and change your relationship with food forever.

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Paul McKenna.  
I Can Make You Thin.

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