3 Secret Steps to STOP EATING WHEN YOU'RE **STRESSED**, BORED OVERWHELMED OR WANTING HAPPINESS.

BY LEANNE LISBON

Hey Lovely

WELCOME TO MY EMOTIONAL EATING STARTER KIT WORKBOOK

This PDF is designed to run alongside the video training. I'll be sharing the 3 secret steps you can take to stop eating when you're stressed, bored, overwhelmed, wanting happiness or for any reason you want to eat, these steps will empower you to make a big change. Wether you use food as a comfort, distraction, stress release or general coping mechanism, THIS WILL WORK.

Below you'll find some questions to help you uncover the real reasons WHY you emotionally eat or binge so that you can start to take back control with food and make some powerful changes.

Once you start to understand the emotional connection you have to food, decipher the difference between emotional and physical hunger, you'll stop turning to food in those moments, you'll eat less and in turn, lose weight, if that's a goal for you. If you're some who has tried all the typical approaches, diets, weight loss supplements, excessive exercise and it's still not working...you're in the RIGHT PLACE!

There is SO much power in understanding the real reason you turn to food, this was the turning point in my very long weight loss battle. Once I uncovered WHY I was using food, what I was trying to distract myself from and how to truly deal with my emotions, everything changed for me.

Now I'm going to show you how to do the same because this is 100% possible for YOU too!

Let's get started...

Hey I'm Leanne

EX-EMOTIONAL EATER AND DIET FANATIC

I struggled massively with emotional eating and bingeing in the past and I gained over 15kgs from my frustrating food habits. I would hide food, sneak food, binge on all the things I knew I shouldn't have. I'd eat when I was sad, lonely, bored, stressed, anxious, overwhelmed and even happy.

I reached a point where I was stuck in a viscous cycle, hating the way I looked but then eating more to distract myself from how bad I was feeling. I hated food, I was so mad with it but at the same time loved it, it was confusing.

I tried all the typical weight loss systems, diets, calorie tracking apps, workout DVD's (yep dvd's back then), slimming teas, pills, body wraps, drinking only apple cider vinegar...yeah things got weird for a while. But nothing would work.

My breakthrough came when instead of focusing on the outside, I focused on the inside. Honestly, I couldn't face another failed diet or the shame of stepping on the scales anymore seeing the number going up, so I decided to do something different.

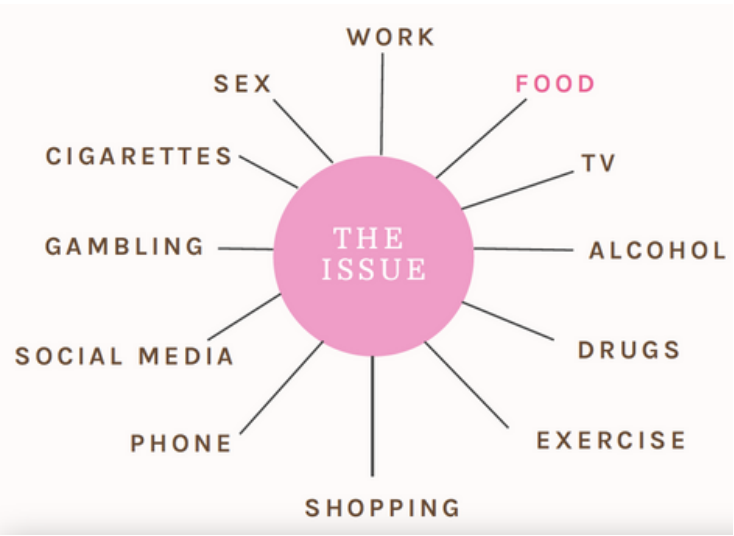
I started approaching things in a different way, I started asking WHY I wanted to eat, what I was trying to get from the food and the this led me to losing the 15kgs without dieting and keeping it off. I stopped emotional eating and bingeing completely and it's stuck for over 10 years and counting.

The Real Issue

FOOD IS NOT THE PROBLEM

As you heard in the video training, despite how it might feel you do not have a food problem. I know food is the thing you can't stop eating, thinking about and obsessing over, however there is a reason WHY it's being used and this is what needs addressing.

Underneath every habit there will be a reason why you are doing it, including eating. Remember the 'real issue' diagram from the video? Here it is again. When there is something you're wanting to escape or distract yourself from, e.g a past memory, a heavy emotion, current day stresses, kids, bills etc, you'll reach for something outside of yourself to make you feel better. You may find you use multiple distractions below.



You will turn to one or some of these things in excess as a coping mechanism or to fill a void, ultimately to try and make yourself feel better. However it doesn't take long for the shame and guilt to hit and we feel worse than when we began.

Trying to treat the 'food' as the problem will cause you to go round in circles. For example governing your calories and food intake is not going to resolve the void or issue at the centre (which could be stress, unhappy relationship, no work life balance, financial stress past traumas etc). This is why you might lose a bit of weight on a diet but once you stop you put it back on because the void or real issue is still there. Let's get into uncovering what's going on for you...

The 3 Secret Steps

STEP #1
ASK WHY. WHY DO I WANT TO EAT RIGHT NOW?

When you feel the desire to eat or get a craving it's SO important that you start asking WHY. WHY do I want to eat right now? And be honest with yourself. For example maybe you had a really hard stressful day at work and you need a way to relieve the stress, so sitting down with a family size tub of icecream feels like a reward.
But what's the real issue here? The stress, the hard day, needing a reward. Not the icecream.

You MUST work on reducing your stress in a better way and having better reward systems in place.

Use the following questions to help you identify the real reasons you use food.

What emotions do I feel most day to day?

What emotions am I feeling when I turn to food?

What am I trying to escape from?

What are the real reasons I use food?

Step 2

WHAT AM I TRYING TO GET FROM THE FOOD?

Understanding what you're trying to get from food will empower you to find this in a better way, one that won't leave you feeling a ton of guilt and shame after doing it.

What feeling am I chasing when I eat?

How do I feel when I do eat?

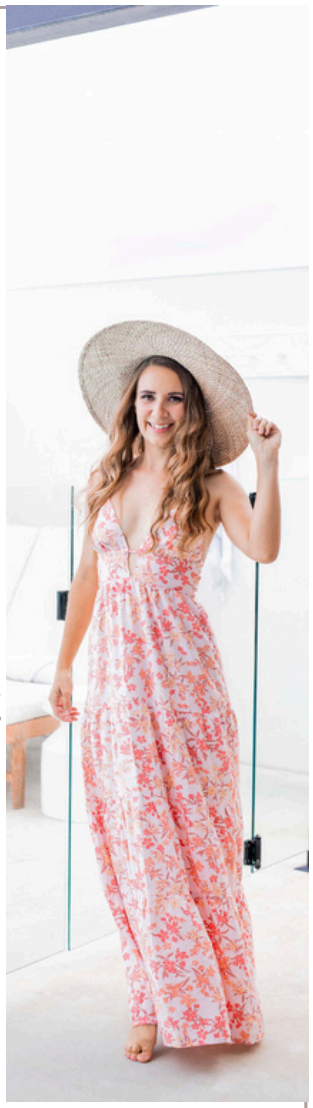
What am I missing in life that I'm trying to fulfil with food?

In what way am I using food to fill a space that is lacking?

What childhood patterns could be playing out here? For example using food as a reward or comfort.

Step 3

HOW COULD I GET THIS IN A BETTER WAY?



Once you understand WHY you're using food and WHAT you're trying to get from it, it's time to make a more conscious and productive choice. Finding new ways to give yourself the feeling you're seeking in food is vital. As well as learning to release the emotions that you're carrying that are driving the cravings. By doing this and filling your life up with things you love, you will make HUGE changes with your eating habits because food will not be needed in that way anymore.

How could I give myself what I'm really needing in a more beneficial way?

What's missing in life that would make me feel fulfilled if I did more of it?

What could you do instead of turning to food? List out all the things you can think of below.

If you're turning to food when you're stressed, it's the stress that's the problem. If you're using it for comfort, you need to add more comfort into your life in more beneficial ways. If you eat when you're anxious, reduce your anxiety. This is the key to creating healthier eating habits.

What Next?

DID YOU CLAIM YOUR FREE 1:1 SESSION WITH ME?

You can claim 1 of 3 free Emotional Eating Deep Dive Sessions with me.

I will work with you personally to find the real reasons why you emotionally eat and get an action plan in place to help stop it for good.

We will make your excess weight melt away like ice cream on a hot day and ensure you can walk into any store, pick out the clothes you love, wear what you desire and know you look great.

Please Note: I will not be selling you something on this call, this is time for you to explore your eating habits and get to the root of the problem.

CLAIM YOUR FREE SESSION BELOW

YES I NEED THIS >

Ready To Go All In?

READY TO EMBARK ON THE JOURNEY TO TOTAL FOOD AND BODY FREEDOM?

If you're ready to change your eating habits for good, lose weight and keep it off and know that stepping away from the diet approach is what you need, then Mind Over Muffin The Academy is FOR YOU!

It's my 12 step mentorship where I will teach you everything I know in a simple to follow, step by step process to overcoming emotional eating once and for all.

You will step out the other end a changed women, free from the battle with food, back in the clothes you desire to wear, loving what you see in the mirror and having learned tools to support you for a life time.

ACADEMY INFO >

Any questions, my inbox is ALWAYS open. I believe in you.

Leanne x x