



EMOTIONAL EATING

Healing Your Relationship with Food

"This is not the end. It's the beginning of a new relationship—with food, emotions, and yourself."

MODULE 6

Health

Happiness

Community

Private Practice



YOUR NAME

Dr. Brown fervently advocates that we hold power to extend our lives, elevate our health, and amplify our happiness by embracing simple lifestyle modifications and nurturing our bodies with real, wholesome food.

Dr. Brown stands at the forefront of health coaching and functional medicine, championing an integrated approach that concentrates on stress management, nurturing healthy sleep patterns, and leveraging the therapeutic power of food. This holistic method fosters longevity, energy, mental acuity, happiness, and a plethora of other health benefits.

As an active practicing physician, Dr. Brown's influence extends beyond the clinic. She is an internationally acclaimed figurehead, speaker, educator, and advocate in the realm of Functional Medicine, commanding respect and recognition for her insightful contributions.

THIS IS YOUR BIOGRAPHY

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WHAT'S NEXT?



WELCOME TO WEEK SIX

- Topic: Reflecting, integrating, and sustaining growth
- Goal: Celebrate progress and create a personalized plan for long-term support



WHAT YOU'VE LEARNED

- Week 1: What emotional eating is & how it works
- Week 2: Your emotional triggers
- Week 3: Mindful eating & self-compassion
- Week 4: Nourishing your body for emotional calm
- Week 5: Building new habits & coping tools

You've done deep, meaningful work—
acknowledge it fully.



PROGRESS, NOT PERFECTION

Healing isn't linear. You may still:

- Eat emotionally sometimes
- Slip back into old patterns
- Feel frustration

That doesn't mean failure. It means **you're human.**

The key is to meet yourself with **curiosity, not criticism.**



CREATING A LONG-TERM SUPPORT PLAN

Ask yourself:

- What tools or practices really helped me?
- What triggers do I need continued support with?
- Who can I reach out to when I need accountability?

Ongoing practices to consider:

- Journaling
- Mindfulness
- Balanced eating
- Therapy or coaching
- Accountability partners



YOUR PERSONAL HEALING FORMULA

Build your go-to plan:

- What I feel → What I do
- Emotion: _____ → Coping strategy: _____
- Craving: _____ → Gentle response: _____

You're creating your own roadmap.



WHAT DOES FOOD FREEDOM LOOK LIKE FOR YOU?

Everyone's version is different.

- Peace around food
- No more guilt or fear
- Eating with awareness and choice
- Tuning into your needs with kindness

Describe your vision of food freedom:

JOURNAL PROMPT OF THE WEEK



“How have I changed over the past six weeks?”

- What have I let go of?
- What have I gained?
- What am I most proud of?



WEEKLY PRACTICE

- Review all six modules and highlight your favorite takeaways
- Create a “My Healing Tools” page in your workbook
- Write yourself a letter from your future, healed self



REFLECTION QUOTE

“You are not behind. You are not broken. You are becoming.”



WHAT'S NEXT?

Continue your journey with:

- Ongoing journaling
- Optional group support
- 1:1 coaching
- Revisiting modules as needed

Your healing is yours—and it continues with love and intention.



WELL DONE

You are now ready to move on
to the workbook.