



EMOTIONAL EATING

Healing Your Relationship with Food

MODULE 2

“Every craving has a story.”

PLEASE READ

DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.



WHY EMOTIONS LEAD US TO EAT

Sometimes, food becomes our:

- Soother when we're stressed
- Reward when we feel unappreciated
- Companion when we're lonely
- Escape when life feels overwhelming

Emotional eating is not about lack of willpower—it's about **trying to care for ourselves the best way we know how.**

WHAT ARE YOUR TOP TRIGGERS?

Instructions: Reflect on times you've turned to food for comfort. Fill in the chart below to identify common patterns.

Triggering Emotion	What Happened?	What Did You Eat?	What Did You Really Need?

Reflection:

Are there any repeating emotions or times of day that come up often?

What else might have supported you in that moment (besides food)?
