



EMOTIONAL EATING

Healing Your Relationship with Food

MODULE 3

"Slow down. Tune in. Be kind."

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.



WHAT IS MINDFUL EATING?

Mindful eating is...

- Bringing full attention to the act of eating
- Engaging your senses—taste, texture, smell, and satisfaction
- Honoring your hunger and fullness
- Letting go of judgment before, during, and after meals

Why it helps:

- Reduces automatic, emotional eating
- Builds awareness of how food truly feels in your body
- Increases satisfaction with less food
- Promotes peace with eating decisions

Reflection:

Have you ever eaten something and barely tasted it?

How might your experience change if you slowed down?

THE MINDFUL BITE PRACTICE

Try this once a day this week:

- **Pause** – Take 3 slow breaths before eating
- **Observe** – Notice the appearance, smell, and texture of the food
- **Taste** – Take a slow bite. Chew. Savor the flavors
- **Notice** – How does your body feel? Are you enjoying this?
- **Reflect** – Are you still hungry or satisfied?

Journal:

- Date:
- What did you eat?
- What did you notice about the experience?
- How did slowing down change how you felt?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HUNGER-FULLNESS CHECK-IN

Use this 1–10 scale to explore your hunger before and after a meal.

Hunger Level	Description
1	Starving, dizzy, shaky
3	Very hungry, can't concentrate
5	Neutral, could eat or wait
7	Satisfied, not overly full
10	Stuffed, uncomfortable

Before eating:

Hunger level = _____

After eating:

Fullness level = _____

Reflection:

Was it emotional or physical hunger?

Did you stop when comfortably full or eat past fullness?

REPLACING GUILT WITH COMPASSION

Self-compassion means treating yourself like you would a loved one: with care, patience, and gentleness.

Try this:

Think of a time recently when you judged yourself for eating or cravings.

What happened? _____

What did your inner critic say? _____

Now rewrite it from a kind, compassionate voice:

"I am learning to listen to my body and emotions."

"This moment doesn't define me."

"I can begin again with love."

[illegible]

WEEKLY JOURNAL & REFLECTION

Journal Prompt:

Describe one meal this week that felt different because you were more mindful or self-compassionate.

- What made it feel different?
- What did you notice in your thoughts or body?
- Did you enjoy your food more or feel more in control?
- How might this become a more regular part of your routine?

End-of-Week Check-In:

What's one thing you want to keep practicing from this module?

You're not just changing how you eat—you're changing how you treat yourself.
