



EMOTIONAL EATING

Healing Your Relationship with Food

MODULE 5

“You’re not breaking a habit—you’re building a new way to care for yourself.”

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.



UNDERSTANDING EMOTIONAL NEEDS

What emotion(s) tend to lead to emotional eating for you?

- Stress
- Sadness
- Boredom
- Anxiety
- Loneliness
- Celebration or reward

What does that emotion actually need (besides food)?

Example: *When I feel anxious, I may need grounding and calm—not chips.*

Note: Emotional eating is *a signal*, not a flaw.

URGE SURFING TRACKER

Date	What Triggered the Urge	Emotion Felt	What You Did Instead	Result/How You Felt

Reflection:

How long did the craving or urge last?

Did it pass more quickly than you expected?
