

# EFF FOOD!

*Your Guide To Claim Emotional Freedom From Food*

## WHAT TO DO AFTER A BINGE - WORKBOOK

Let's start with this - you did not eff up. You cannot eff this up. It is a journey and you are learning everyday. This is a chance to learn and grow.

This is a universal assignment that will keep appearing until you show up for it. There is a lesson to learn from this binge. When we dive into the emotions that live beneath the trigger, we can truly heal.

Thank the universe for this chance to heal and grow and then let's get to work!

You will find below some journal prompts and practical tips for binge after care.

PS. Regardless of what happened, you still deserve love, food, and happiness today.

*Affirmation: I choose to be happy and love myself completely today.*

Tell me about your day - what do you believe caused the binge?

How did you feel right before the binge? Any thoughts going through your head?

How did you feel during the binge? What thoughts came up? Any coping skills you try and succeed at?

How does it feel now after the binge?

*Reminder: be the gentle observer of your thoughts.*



### *Practical Tips after a binge:*

- Drink 8oz of water
- Try ginger or peppermint tea for bloating
- Add extra fiber to your diet the next day
- Do some yoga or light stretching
- Use Digize oil (I get mine from Young Living)
- Show yourself some self care (bubble bath, face mask, ect)
- Eat more fruits and veggies the following day to reduce bloating
- Go for a walk to help digestion
- Brush teeth/shower to recenter your mind
- Eat a Tums for gas/bloating
- Massage your stomach to promote digestion

### *Spiritual Tips after a binge:*

- Use the journal prompts above
- Try the EFT Tapping video that goes along with this module
- Say affirmations of self love
- Meditate on the life you want to manifest
- Do whatever feels good to you!

### *Affirmations:*

- I welcome all my feelings and know they are guiding me
- I deserve love and respect as I am
- I honor my mind, body, and spirit everyday
- I learn more about my value and heal my inner wounds everyday
- It is safe to forgive myself
- Wherever possible I turn negatives into positives
- My body deserves my love
- I am enough just the way I am
- Food is not the enemy - it is nurturing and healing
- I am learning and loving myself more every single day.



Feel free to write these affirmations out on post-its, save them in your phone, or create a list to go over. These tools are yours to use and heal with. Try different combinations of the practices and take note of what works for you best. Do as many as you need to feel good again and remember - have fun with it! These are here to make you feel awesome. If one doesn't serve you, forget it and try the next. This is your journey of self love and discovery. Do whatever it takes to heal beautiful.

Reminder: You are not a failure. Just someone who is learning. You cannot eff this up. You are on the right path. Miracles are around the corner. And I believe in you.

*Homework:*

1. Journal out your feelings during the binge
2. Journal out how you feel now after the binge
3. Try EFT Tapping for forgiveness and healing
4. Write down 3 things are you grateful for right now!

*Massive love,*

*Tara Simone*

