

EFF FOOD!

Your Guide To Claim Emotional Freedom From Food

WHY WE BINGE - WORK BOOK

This is where we go deep. There are so many theories out there on why we binge - stress, food history, higher vs lower brain, and just habit. The truth is it doesn't matter which theory is correct because we can heal all of them the same way!

You may notice you some theories as well as some spiritual and practical tips resonate with you more than others. That is a good thing! Our goal is to find what works for you and keep going until you have healed from the past and created a life free from food. Keep going love. You are doing amazing work.

Affirmation: As I heal the dark past, I manifest a brighter future

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Do have any memories growing up of food or eating that stuck with you? Positive or negative? Write them all out.

Can you remember when your binge eating or dieting mentality began? Was there a big life change around that time?

Is there anyone you blame for your current situation? Anyone that contributed to it?

What is the reason you believe that you binge? And what do you believe will happen when you finally stop?

What are you currently avoiding in life? What brings you the most stress?



Now that you have a list of food memories, I want you to EFT Tap while talking through the memory and send love to the inner child in you as well as forgive anyone in the situation. I created an EFT Tap along for you to follow.

Many believe that we carry wounds from childhood into adulthood, that if gone unresolved, can show up as addictions, anger, or a million other negative behaviors. By tapping we can heal the past and grow from it. Take each food memory and tap until the emotion behind it is gone.

Another theory is that current stress in life causes binge eating. Whether from work, a spouse, or fear of the future - all can contribute to numbing the emotion with food. By identifying the stress and replacing food with a healthy coping skill, we can eliminate emotional eating and reduce stress.

Feel free to journal, EFT Tap, meditate, and do whatever else you would like to deal with the stress. While these practices will not remove the stress from your life, they will allow you to handle it in a healthier way.

Lastly, some emotional eating is simply a habit that began during a stressful part of life that we never let go of. The easiest way to break a habit is to replace it with a new one. Refer to your coping skills list and try rearranging your routine around your typical binge time.

For example, I struggle most at night right when I finish work and get on the couch to relax. Instead I know shower or do yoga to break the habit and prevent it. By focusing on a new habit instead of trying to avoid the old one, it is easier for the mind to adjust.

Similar to diet mentality, telling your brain you cannot do something it is accustomed to scares it since change can be seen as dangerous. Our mind is attempting to protect us and keep us the same because the familiarity of bingeing - even though it is poor for our health - is less scary than the uncertainty of change.

By using practical and spiritual practices we can rewire the brain to allow this change to be easier. Regardless of why you binge, our goal is to change your reality so you have freedom from food and that can be accomplished a multitude of ways.

Keep using all the resources until you find what works for you!

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Throughout this week identify when you feel like binging and dig deep into what may be causing it. Even if you cannot find the route cause, being more mindful and taking a second to breathe can be so beneficial. If you do have an a-ha moment write it down and journal, EFT Tap, or meditate on it later. Keep using the practices in this course and doing whatever feels good.

Homework:

1. Journal out prompts above
2. Try EFT Tapping for change
3. Meditate when it feels good
4. Try a few new coping skills
5. Be gentle with yourself

Affirmations:

1. I can change my reality by changing my mind
2. Recovery comes easily and naturally to me
3. I am not broken, just learning
4. Love heals all wounds
5. I am not the victim, I am the light house

Massive love,

Tara Simone

