

# EFF FOOD!

Your Guide To Claim Emotional Freedom From Food

## URGE TO BINGE - WORK BOOK

This is the module that may be the most life changing for you. That is why I put it at the beginning of this course. I want you to be able to gain instant results and find what works best for you in this season of your life. My goal is to give you every tool in my arsenal to overcome the urge to binge.

The truth is I cannot say what will work for you, if it will work every time, or how many times you will need to implement some of these things to get rid of the urge to binge, but I can promise there is always a solution for every problem.

Your only job is to show up, do the work, and not give up.

*Reminder: You cannot eff this up.*

I find with any issue the first step is to talk about it. So many emotional and binge eater hide their struggles out of shame. This is the place to shine a light on them. Only light can cast out the dark. Let's do this girl!

What food are you craving right now? What about it is the most appealing at the moment - taste, texture, ect?

How does this food make you feel - physically, emotionally, spiritually?

Does this food bring up a certain memory, experience, or emotion?

How will it feel to overcome this urge and walk away from the food?

Write a love letter to your body. Dear body, I love you because.....



Feel free to use these journal prompts any time an urge or craving arises. You may notice certain foods bring up different feelings and some may be easier to resist than others. Later in the course,, we will talk about clearing these experiences and cravings, but for this week simply journal out each craving using the prompts above so we can clear the blocks next week.

In addition to journaling, I wanted to provide you my favorite tool to use when I am about to binge -EFT Tapping! This practice is basically meditation on steroids in helping move energy and rewire your brain. I created a tap along video for you to use when you feel a craving coming.

I, also, created a meditation to help you invision your highest self. Listen along when you need a reminder of your goals.

Lastly, I wanted to give you some practical tips for when a craving shows up as well as give you some space to brain storm some coping skills for yourself. Feel free to add anything to this list and remember - try everything at least once. Take what you love, leave what you don't.

*Coping skills when an urge to binge occurs:*

- Journal ● -----
- EFT Tap ● -----
- Meditate ● -----
- Chant affirmations ● -----
- Color/paint ● -----
- Sew/knit ● -----
- Go for a walk ● -----
- Do some yoga ● -----
- Call your friend/mom ● -----
- Paint your nails ● -----
- Organize your closet/drawers ● -----
- Shower, exfoliate, and shave ● -----
- Read 10 pages of a book ● -----
- Do a DIY facial ● -----
- Clean out the bathroom cabinets ● -----



Try printing these coping skills out, writing the affirmations on your mirrors/fridge, and programming them into your phone. Personally, I have "Moment to moment I choose glowing health" as a reminder in my phone to go off every night at 9pm since that is usually when my cravings arise.

Also remember, you can use, combine, and alter any of these tools to work for you. This is your journey. Customize as you see fit.

*Homework:*

1. Journal out any cravings you have
2. Try EFT Tapping for cravings
3. Meditate when it feels good
4. Try a few new coping skills
5. Be gentle with yourself.

*Affirmations:*

- I am the master of my body
- This too shall pass
- I love my body and only fill it with good things
- I am beautiful, lovable, happy and healthy
- Everyday I do my best and accept myself without judgement
- Moment to moment I choose glowing health
- Everyday I am getting stronger and healthier
- I respect myself and my body
- I release old eating habits and replace them with life-affirming healthy choices
- I intentionally use my tools to help myself heal from disordered eating patterns
- I love myself enough to heal
- My cravings are not in control of my actions
- I can eat this another day
- I let go of the past and create a new healthy future in this present moment

*Massive love,*

*Tara Simone*

PS. You are amazing, beautiful, and strong af for doing this work. I believe in you. You cannot eff this up. Keep trying. Keep going. Come back to this module as much as you need to. Do not compare your journey to anyone else's. This is your path to love and health. You will get there. We all struggle. We all have moments of weakness. You are not a failure for giving in - you are human. And you are still lovable and good enough regardless of where you are on this journey. Forgive yourself for the past, remain centered in the present, and manifest your future. I believe in you and I am so proud you are doing this work.

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