

FOOD FOR THOUGHT

Jan 2008

Hi everyone,

Happy New Year. Its amazing, in the past two days I have seen over 15 TV ads for new diet programs! The media knows when to bombard us with these ads, knowing that most people are making resolutions to start another diet program, join a gym, and resolve to lose weight.

ARE YOU MAKING A RESOLUTION.....

- To lose weight
- Start exercising
- Join a diet program
- Join a gym

I haven't made these types of resolutions in years. They are really a setup to fail for emotional eaters. Why? Emotional eaters are people who use food to distract themselves from all other thoughts and feelings they believe they can't tolerate. To focus your energies on weight, food and your body size, is such a strong coping skill to disconnect from the other issues that need attention in your life.

That's why for many emotional eaters, going on a diet or joining a program only lasts for a short time, because they need the food to survive. So they must go back to those old coping skills since they haven't learned new skills.

Why is it that some people can make a goal and keep it, and others have such a hard time following through? You want to succeed, but something stops you. You get busy, get tired of trying, get bored, whatever your reason, it keeps you from reaching your goal and maintaining long term weight loss.

You hear an inner voice in your head saying "Why can others lose weight and I can't? What's wrong with me?" Then you hear that INNER voice being critical and telling you that you are lazy, stupid, or a failure. You have no willpower, you don't like yourself, and you just like food too much to give it up. These are what I call the **EMOTIONAL EATERS MYTH LIST**.

THE MYTHS OF WEIGHT LOSS:

1. You must have willpower and control.
2. You must find the motivation to take control of your eating.
3. You must stop procrastinating.
4. You must be disciplined and structured.

“WILLPOWER! THAT’S WHAT I NEED. MOTIVATION, THAT’S WHAT I WANT SO I CAN STOP PROCRASTINATING.”

Those beliefs are myths if you understand the underlying issues for emotional eating. Food is being used to push away painful and uncomfortable feelings and thoughts, so it meets your needs, and has nothing to do with willpower and motivation.

THE PROBLEM....

No one, and I mean **no one**, can stop using food when they eat to push away feelings they can’t tolerate. Numbing painful feelings and issues in our lives is the **number one reason** why emotional eaters binge.

Why do we overeat?

Let me count the ways.....

Detaching from feelings is why we overeat.
Not wanting to change is why we overeat.
Numbing painful memories is why we overeat.
Believing we are worthless is why we overeat.
Rewarding ourselves is why we overeat.
Shame and guilt is why we overeat.
Anger and Rage is why we overeat.
Sadness and depression is why we overeat.
Avoiding intimacy is why we overeat.
Rebellion is why we overeat
Dissociation of intrusive thoughts and feelings is why we overeat.
Nurturing and comfort is why we overeat.
Stuffing feelings is why we overeat.

These are only a few of the reasons. I could go on and on with this list.

My clients very often tell me that they know why they overeat. What I have learned from working with compulsive eaters over the last 30 years is that they know the surface reasons why they overeat, but haven’t dug deeper to find out what purpose the food serves them in their lives, and what would happen if they didn’t use the food to numb their feelings. They say that it’s too uncomfortable to connect to those feelings, so they need the food to disconnect from the issues by criticizing, blaming and self-loathing statements which lead to feeling powerless over food, worthless, helpless and hopeless about making changes.

THE SOLUTION.....

First, let me say that **it is possible to learn new healthy skills to deal with uncomfortable feelings.**

Regulating and managing feelings are just a few of the techniques I teach my clients. Mindfulness skills are also important routines to learn.

What if you were able to really understand why you were stuck, and why you can't stop eating compulsively? Just knowing that emotional eating is a way to avoid uncomfortable thoughts or feelings is the first step but doesn't help you put the knowledge into action.

Managing uncomfortable feelings without using food and learning self-soothing skills, is the way most successful people are able to lose weight and keep it off for a long period of time. Focusing your attention on resolving those underlying issues is the path toward freeing yourself from compulsive eating and bingeing.

What if I told you that there is a way to succeed at your goals? If I can show you how you can turn your frustrations and failures, into positive actions to achieve your goals. Would you be interested?

I have taught thousands of people self-soothing skills to change their relationship with food, and lose weight without dieting. I could teach you if you are willing. **Does that sound appetizing to you?**

In my work with compulsive eaters over the last 30 or more years, I have seen many people come in who were stuck, feeling hopeless about their overeating behaviors. What I have come to learn, is that every time they would binge, there was so much information that needed to be uncovered, that they couldn't connect to. They were busy berating and punishing themselves for bingeing. Once I taught them how to connect to that information that was already inside of them, everything changed. Their focus changed, they developed clarity about their unresolved issues, and now had the choice to change the focus of what they needed to work on. The results were the same time and time again, when they stopped hating themselves for bingeing, and started to address the real issues; they didn't binge as often, or stopped bingeing, and lost weight without the efforts of dieting and deprivation.

After all these years, it is still an amazing process for me to watch, as I can see each client, taking new actions in their lives, and letting go of the food and weight.

So this New Year, if you would like to **free yourself from emotional and compulsive eating**, please feel free to contact me so I can start you on your healing journey to ending emotional eating in your life.

If you are interested in getting more info about the upcoming dates for new groups and classes, please go to my website or keep reading below.

I hope this year is filled with joy, freedom and letting go!

Happy New Year,

Virginia

NEW DATES:



LUNCH TIME MOTIVATION CLASSES

Sometimes you need a little booster to stay on course while learning to stop bingeing and overeating. Join this one hour class beginning Wed, Jan 30th from 12 noon to 1 p.m.

Fee: one class \$25 (\$20 a session if you pay for the month)

Individual sessions are by appointment only.