Crack The Code Of Emotional Eating:

Today, you’re going to crack the code of emotional eating.

Perhaps you fear that your emotions, needs or wants are too much and too big for others. You may have guilt over taking up space in the world and/or having appropriate needs and demands. If you get angry about being “fat” then perhaps you are turning anger towards others onto yourself.

Fat is a substance, not a feeling.

“I feel fat” can be code for something like, “I’m afraid I want, need, and/or feel too much.”

“I’m in the mood for potato chips”

Crunchy foods like potato chips often express anger. If you’re upset with someone and you can’t or won’t express your feelings, you may eat something crunchy as a way of physically expressing anger.

Then you get mad at yourself for what you’re eating. In this way, you take your anger towards others, or at a situation, and turn it against yourself.

“I ate so much, my stomach hurt”

The way you talk about your body may gives expression to emotional conflicts. When emotional pain is too much to bear, painful emotions may be converted into physical sensations.

For example, if you are lonely and use food to fill an internal void, if you eat until it hurts you may be turning the ache of loneliness into actual physical pain. Physical pain is also easier to manage and get rid of than emotional pain.

“I ate so much my stomach hurt” may be code for, “I’m in a lot of emotional pain.”
“I just can't stop eating.”

Many expressions utilize food metaphors to describe a feeling of yearning. Hungry for love. Starving for attention. Your relationship to food can be an expression of what is missing in your life. Think about what you are hungry for in life, and how you feel deprived.

Translation: I feel so deprived.

By cracking the code and identifying what is really going on inside; you know what your true needs are and can start finding new ways to meet those needs.

Start now! And remember, practice makes progress.

Warmly,

Dr. Nina
Win The Diet War™