HEALING THE CYCLE OF
Overeating
(Exploration Walk-Through)

The 'Healing' Part of It...

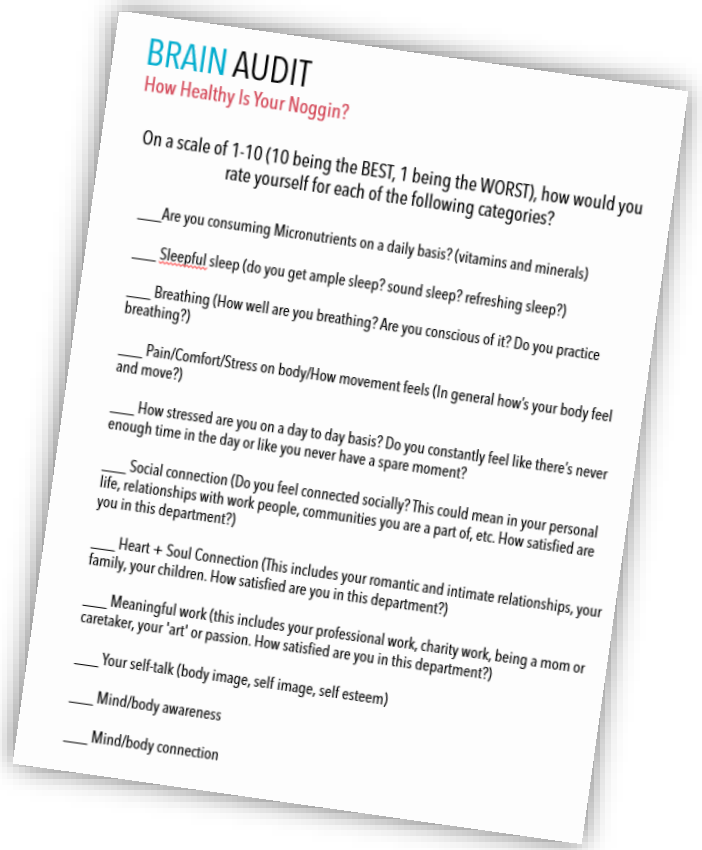
★Step 1: Audit Yourself
★Step 2: A NEW 'Red'
★Step 3: Connect Yourself

★BONUS: Further exploration

Step 1:
Audit Yourself

Brain Audit

- ★ **Grab It:** Brain Audit
- ★ **Explore It:** On a scale of 1-10 (10 being the BEST, 1 being the WORST), rate yourself for each of the following categories.
- ★ **Get REAL:** There's no judgment and no shame. Just be really real with yourself. This isn't about 'doing' anything. It's simply about gaining AWARENESS. This is going to help you understand where one of your 3 brains might be in threat or under stress. It's all about awareness.



BRAIN AUDIT

How Healthy Is Your Noggin?

On a scale of 1-10 (10 being the BEST, 1 being the WORST), how would you rate yourself for each of the following categories?

___Are you consuming Micronutrients on a daily basis? (vitamins and minerals)

___ Sleepful sleep (do you get ample sleep? sound sleep? refreshing sleep?)

___ Breathing (How well are you breathing? Are you conscious of it? Do you practice breathing?)

___ Pain/Comfort/Stress on body/How movement feels (In general how's your body feel and move?)

___ How stressed are you on a day to day basis? Do you constantly feel like there's never enough time in the day or like you never have a spare moment?

___ Social connection (Do you feel connected socially? This could mean in your personal life, relationships with work people, communities you are a part of, etc. How satisfied are you in this department?)

___ Heart + Soul Connection (This includes your romantic and intimate relationships, your family, your children. How satisfied are you in this department?)

___ Meaningful work (this includes your professional work, charity work, being a mom or caretaker, your 'art' or passion. How satisfied are you in this department?)

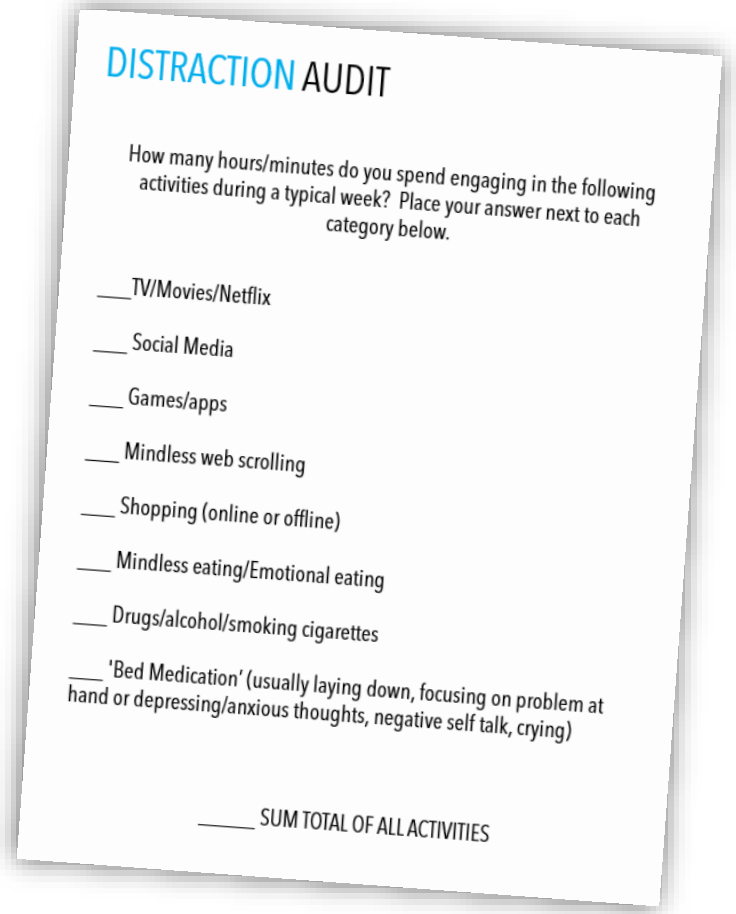
___ Your self-talk (body image, self image, self esteem)

___ Mind/body awareness

___ Mind/body connection

Distraction Audit:

- ★ **Grab It:** Distraction Audit
- ★ **Explore It:** Identify how many hours/minutes you spend engaging in the following activities during a typical week. Place your answer next to each category on the audit.
- ★ **Get REAL:** There's no judgment and no shame. Just be really real with yourself. This isn't about 'doing' anything. It's simply about gaining AWARENESS. But this will help you understand where your Social Brain is being "overfed, but undernourished".



DISTRACTION AUDIT

How many hours/minutes do you spend engaging in the following activities during a typical week? Place your answer next to each category below.

___TV/Movies/Netflix

___ Social Media

___ Games/apps

___ Mindless web scrolling

___ Shopping (online or offline)

___ Mindless eating/Emotional eating

___ Drugs/alcohol/smoking cigarettes

___ 'Bed Medication' (usually laying down, focusing on problem at hand or depressing/anxious thoughts, negative self talk, crying)

_____ SUM TOTAL OF ALL ACTIVITIES

Step 1:
A New 'Red'

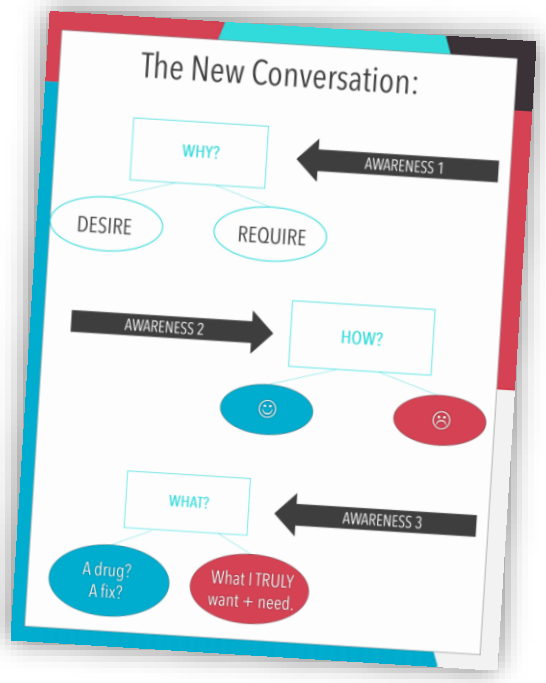
The New Conversation:

Change the game by changing the conversation.

You have Cheat Sheets that correspond to everything we are about to cover.

3 Awarenesses that will HEAL overeating:

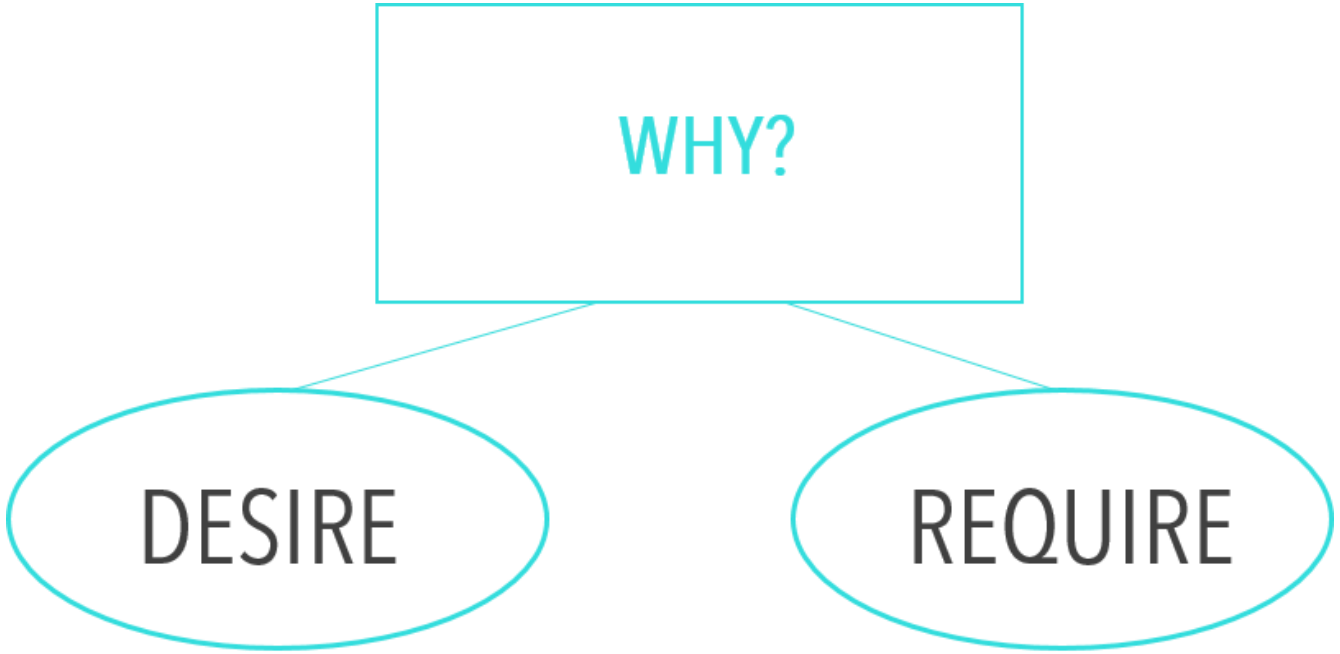
- ★ WHY
- ★ WHAT
- ★ HOW



The 3 Magic Awarenesses:

★The 'Why'
★The 'What '
★The 'How'

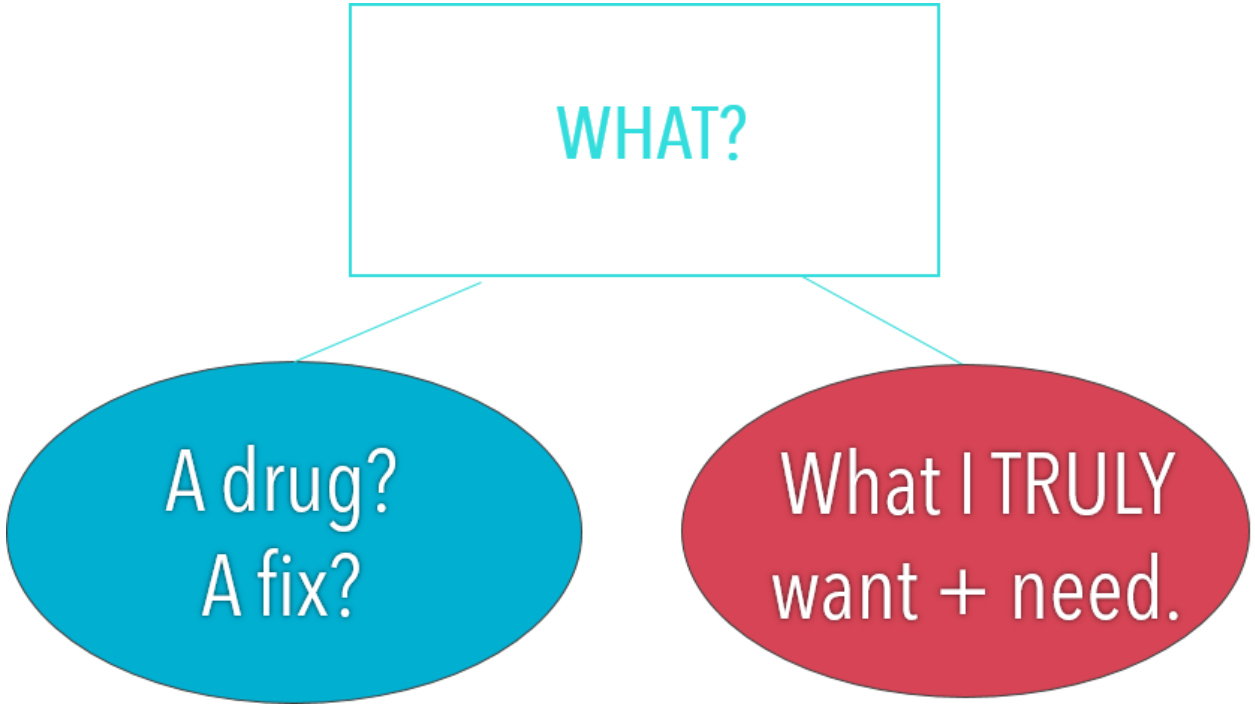
Awareness 1



Do I want it or do I need it?

Make the unconscious **conscious**.
Make the mindless **mindful**.

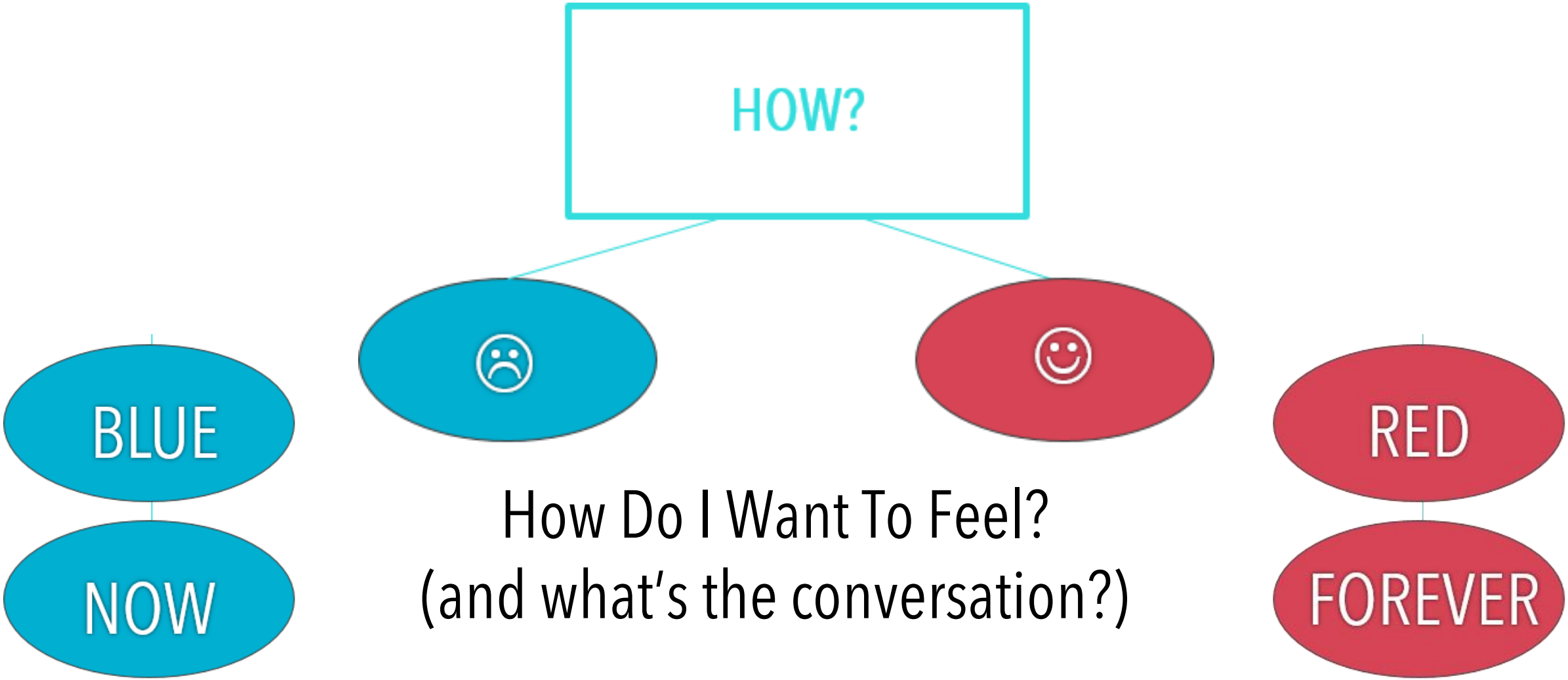
Awareness 2



What Am I Feeding?

You become whatever you practice.

A NEW CONVERSATION: Awareness 3



How Do I Want To Feel?
(and what's the conversation?)

Do THIS, Then THAT...

- ★ Figure out/'Calculate' how you want to feel FIRST.
- ★ THEN choose the actions that would get you there -- that would create THAT.
- ★ Reverse Engineer it.

Bringing it all together...

WHY? (Why am I doing this?)

★ Require/Need

★ Desire/Want

WHAT? (What am I feeding?)

★ A drug? A fix?

★ What do you TRULY want (and need)? (know your 'drug')

HOW? (How do I REALLY want to feel?)

★ Figure out/'Calculate' how you want to feel FIRST.

★ THEN choose the actions that would get you there -- that would create THAT.

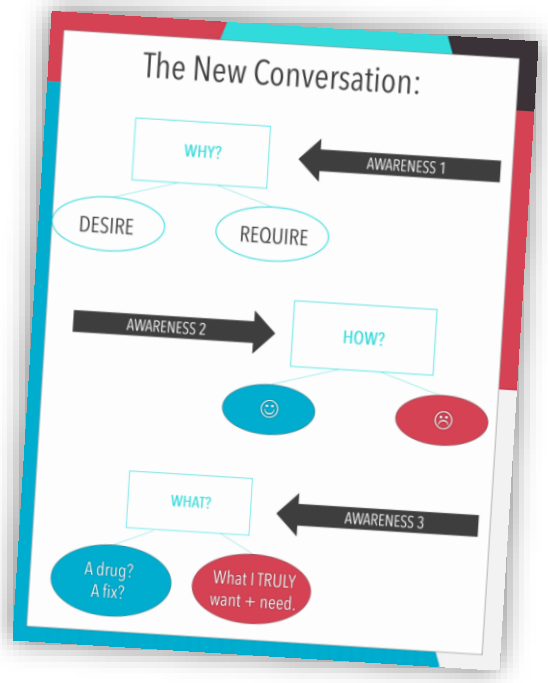
Practice Makes Perfect(ish)

Change the game by changing the conversation.

Use the Cheat Sheet to use as your new RED to 'try on' this new way of thinking for a few days.

3 Awarenesses:

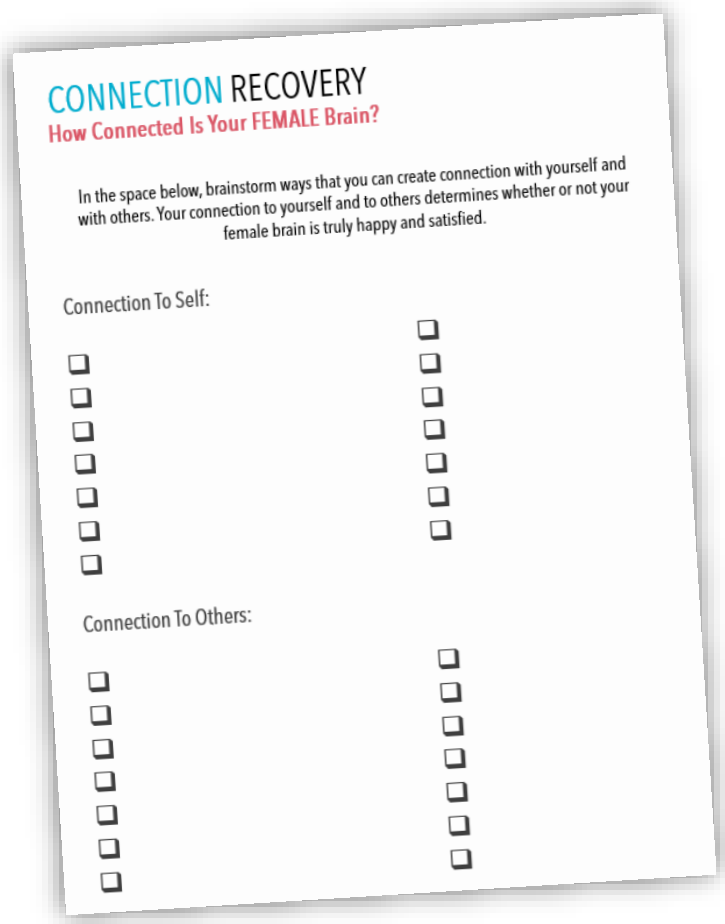
- ★ WHY
- ★ WHAT
- ★ HOW



Step 3:
Connect Yourself

Connection Recovery:

- ★ **Grab It:** The Connection Recovery Worksheet
- ★ **Explore It:** Brainstorm ways that you can create connection with yourself and with others. Your connection to yourself and to others determines whether or not your female brain is truly happy and satisfied.
- ★ **Dig DEEPER:** The first 5 items will come EASY. Don't stop until you fill all the spaces. Think outside the box. Think like a child. Imagine all the things that you've always wanted to try (or simply stopped doing) because your view of yourself, your body, or your life 'got in the way'. Think: PLAY!



CONNECTION RECOVERY

How Connected Is Your FEMALE Brain?

In the space below, brainstorm ways that you can create connection with yourself and with others. Your connection to yourself and to others determines whether or not your female brain is truly happy and satisfied.

Connection To Self:

Connection To Others:

Want More?

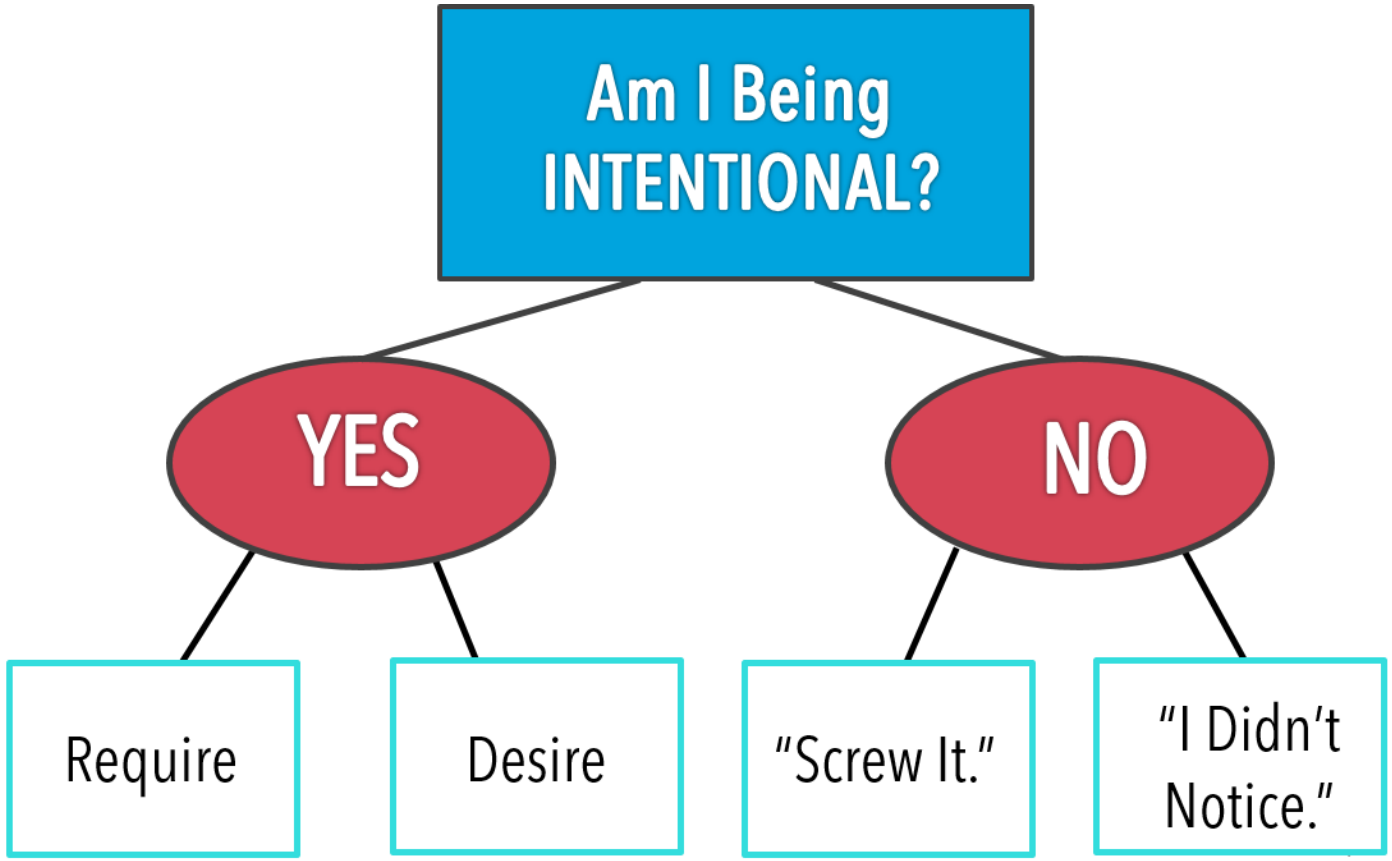
Further Exploration & Awarenesses

Bonus!

FURTHER EXPLORATION & AWARENESS

Distinctions!

DISTINCTION TIME:



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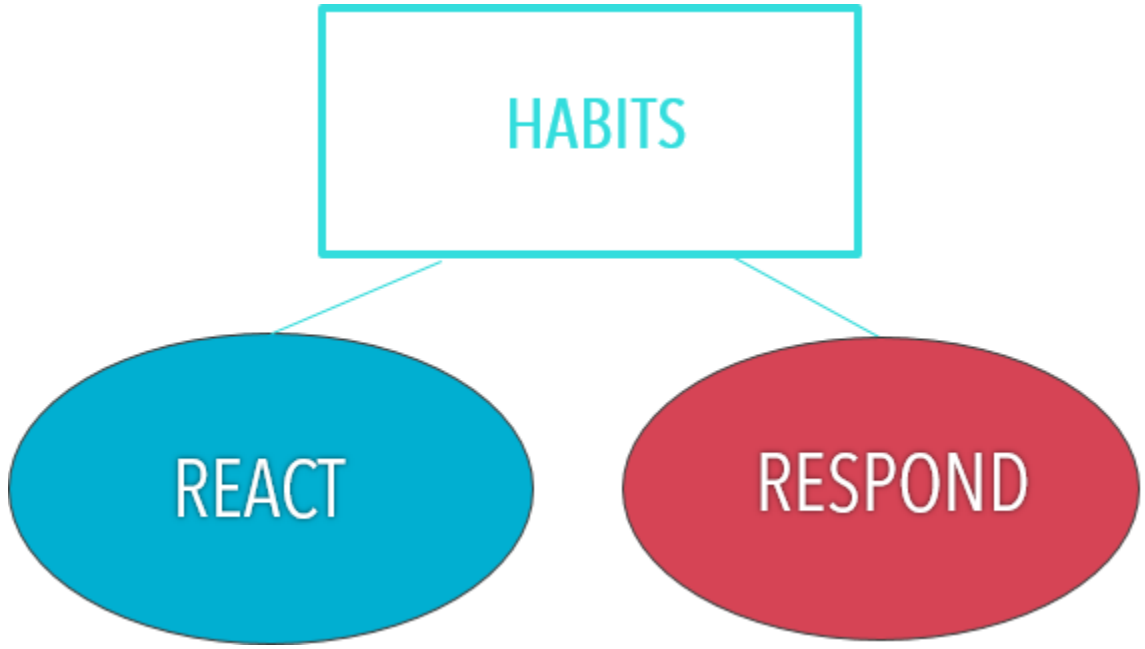


Mindless

Knee-Jerk

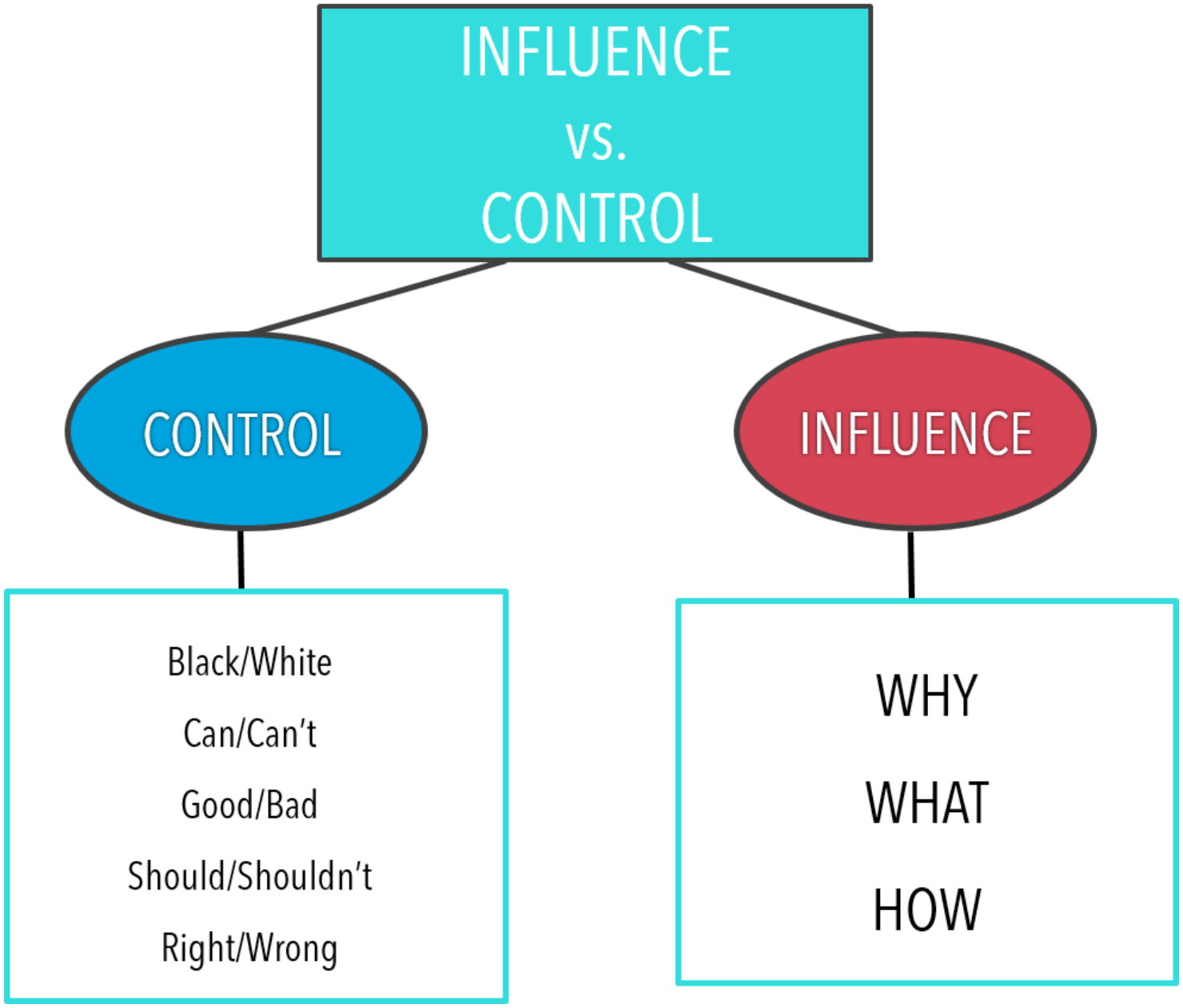
The 'old' conversation.

Mindful

Intentional

The 'new' conversation.

Change the game by changing
the conversation.



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Change the game by changing the conversation.

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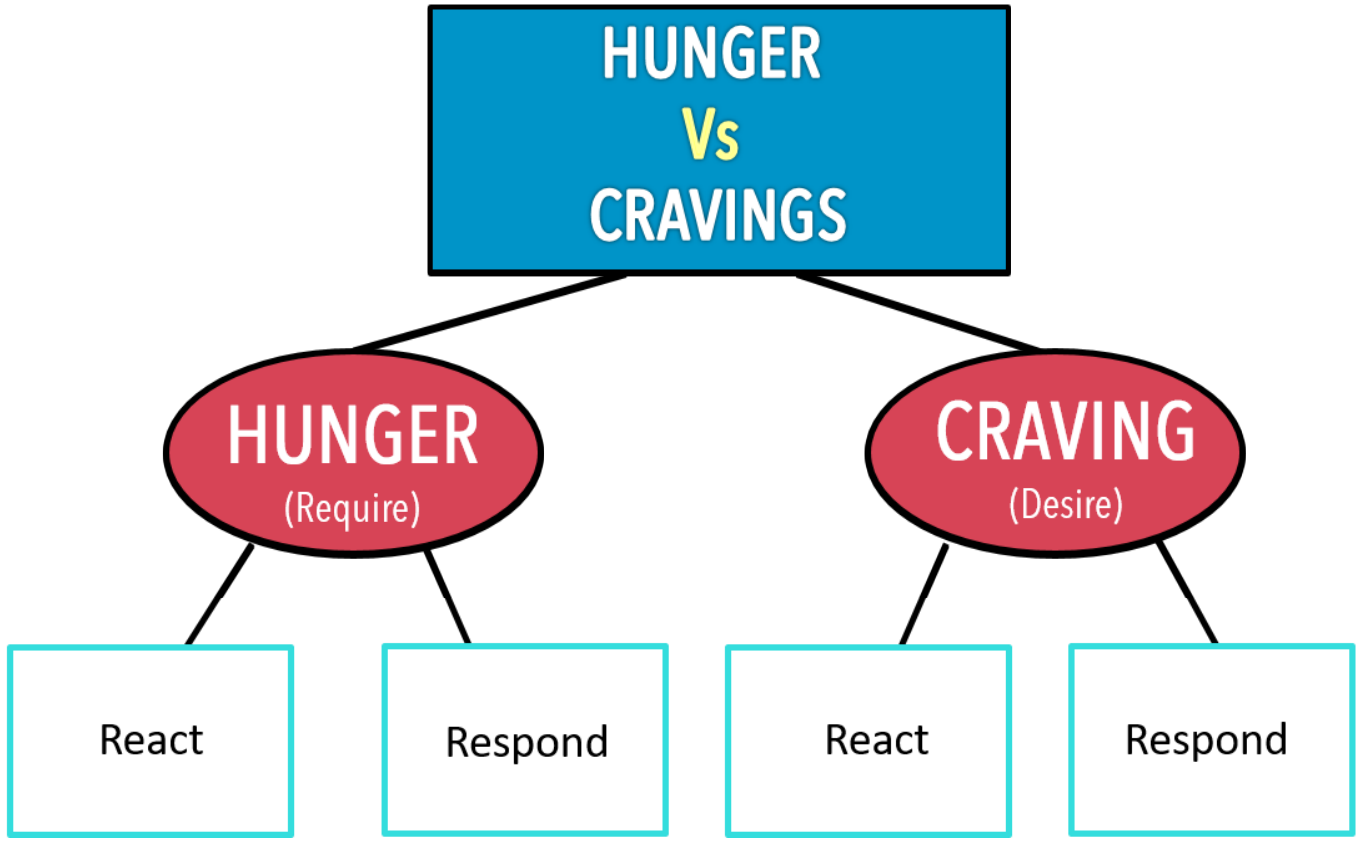
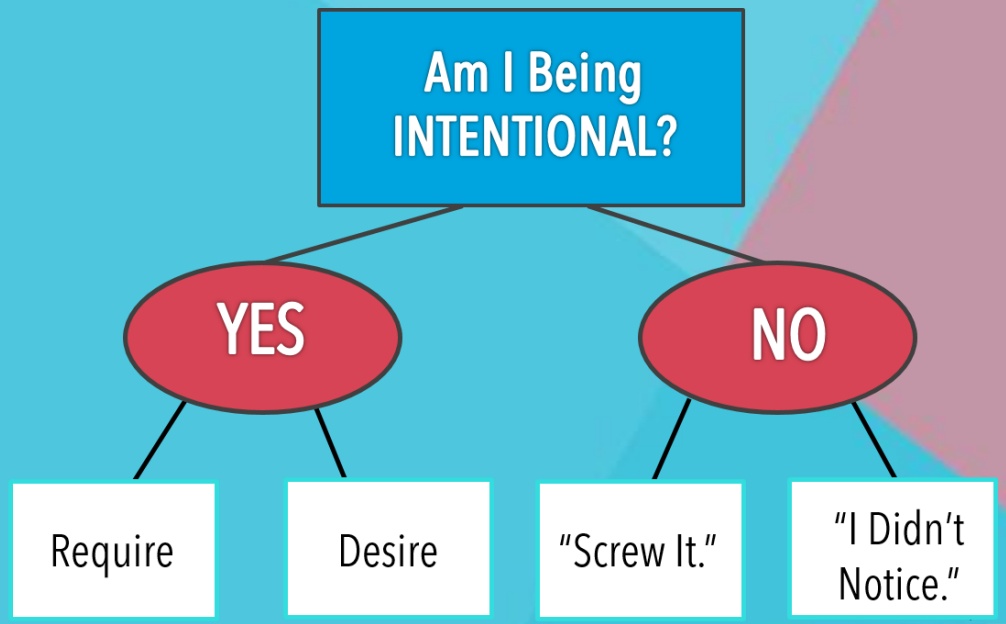
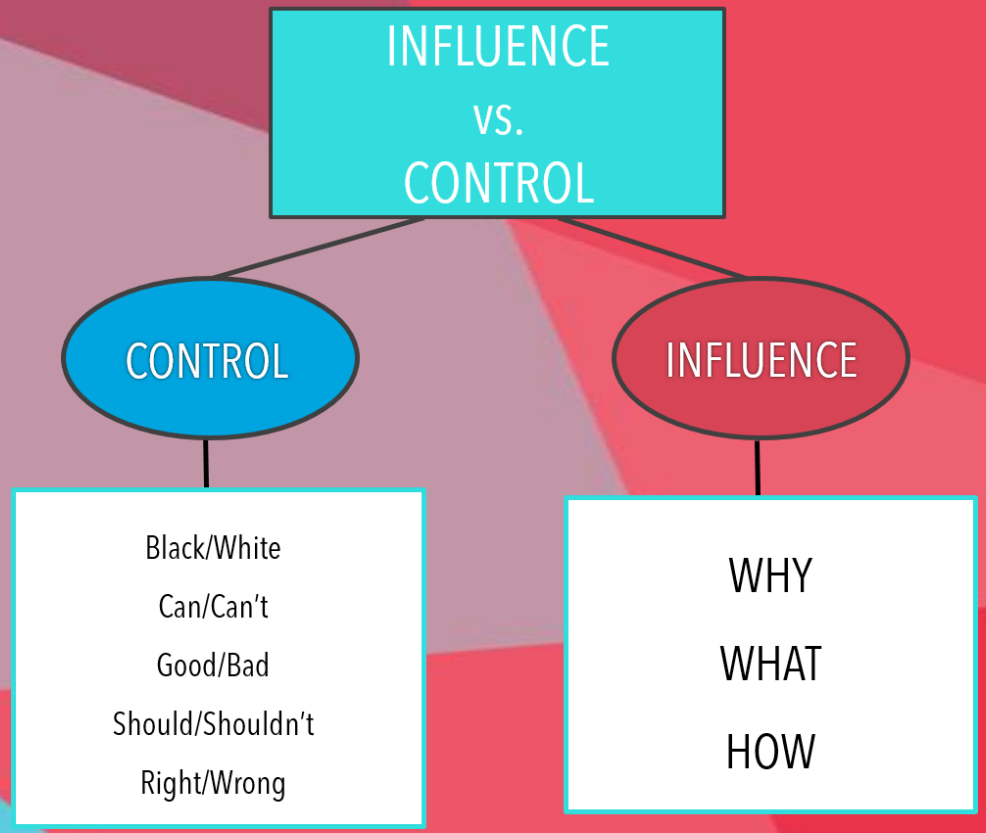


Mindless	Mindful	Mindless	Mindful
Knee-Jerk	Intentional	Knee-Jerk	Intentional
The 'old' conversation	The 'new' conversation	The 'old' conversation	The 'new' conversation

Bonus Explorations:





How the 'Healing' Begins...

★Step 1: Audit Yourself
★Step 2: A NEW 'Red'
★Step 3: Connect Yourself

★BONUS: Further exploration

That's It!