

AWARENESS 1

WHY?

DESIRE

REQUIRE

Do I want it or do I need it?
Make the unconscious conscious.
Make the mindless mindful.

HUNGER Vs CRAVINGS

HUNGER
(Require)

CRAVING
(Desire)

React

Respond

React

Respond

Mindless
Knee-Jerk

Mindful
Intentional

Mindless
Knee-Jerk

Mindful
Intentional

The 'old'
convo

The 'new'
convo

The 'old'
convo

The 'new'
convo

AWARENESS 2

HOW?



Reverse Engineering
AND

Becoming 'Emotionally Available To Yourself'

What Are You Feeding?

BLUE

RED

NOW

FOREVER

What am I feeding?

(The 'Now' or 'Forever' Conversation?)

AWARENESS 3

WHAT?

A drug?
A fix?

What I TRULY
want + need.

What am I feeding?

(The 'Short-Term Gratification Trap'? Or What my
brain REALLY wants and needs?)

What Are You Feeding?

- ★ Reverse engineer EVERYTHING
- ★ This is how you become 'emotionally available' to yourself in those moments
- ★ But you also need to identify those times that you are trying to "skip over" how you REALLY feel....and filling that moment/void with food (or other 'drugs of choice' instead)
- ★ The more you practice this, the easier it gets, but you must teach your brain the skillset FIRST.

HABITS

REACT

Mindless

Knee-Jerk

The 'old' conversation.

RESPOND

Mindful

Intentional

The 'new' conversation.

What Are You Feeding?

Think about your current habits/patterns. Where/when are you currently doing/consuming something mindlessly or for comfort? Get specific. Are there certain instances that you find yourself mindlessly consuming/doing something...or without even realizing it?

(Once again we want to make the unconscious... conscious, and simply become AWARE!)

Am I Being INTENTIONAL?

YES

Require

Mindful

Intentional

The 'new' conversation.

Desire

NO

"Screw It."

Mindless

Knee-Jerk

The 'old' conversation.

"I Didn't Notice."

What Are You Feeding?

What are the situations and circumstances that you notice yourself using your 'drug of choice' to comfort yourself, numb yourself, or distract yourself? (For example, "When I am sad, I use food to comfort myself", "When I feel stressed, I go on facebook and distract myself.", "When I'm anxious, I drink wine and watch Netflix".

What's your 'brand' of coping mechanism? And what emotion or stressor is causing you to turn to them? Simply become AWARE!

INFLUENCE vs. CONTROL

CONTROL

Black/White
Can/Can't
Good/Bad
Should/Shouldn't
Right/Wrong

INFLUENCE

WHY
WHAT
HOW

What Are You Feeding?

Think about your current mindless habits. Where are you currently trying to 'control' what or how much you do/consume of something? What situations or circumstances does this bring to your awareness?

Simply become AWARE!

What Are You Feeding?

When my brain THINKS it wants sugar,
mindless scrolling, etc...

What it REALLY NEEDS is CONNECTION:



Ways To Connect To Myself:



What Are You Feeding?

When my brain THINKS it wants sugar,
mindless scrolling, etc...

What it REALLY NEEDS is CONNECTION



Ways To Connect To Others:



Healing the Cycle Of Overeating

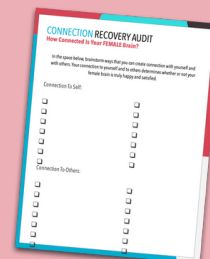
- ★ Step 1: Audit Yourself
- ★ Step 2: Practice The 'New Red'
- ★ Step 3: Connect Yourself



Step 1: Audit Yourself



Step 2: The 'New Red'



Step 3: Connect Yourself