

How to Solve Emotional Eating

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ABSTRACT: *In this essay, I divided it into four parts. First, I will explain why I am interested in this topic and why people will have emotional eating. Then, I will illustrate how to stop emotional eating. For that, I introduced one way: Shrink Yourself which created by Dr. Gould. For deeper comprehension, I illustrate one 12-week experiment which done by Jolynn Braley.*

KEYWORDS: *Emotional Eating, Shrink Yourself, Dr.Gould, Jolynn Braley, Experiment*

WHY

Why I am curious about Emotional Eating?

One is that I want people to be joyful when they eat food. For me, food represents happiness. Hence, I hope people can enjoy it. However, in emotional eating, it is totally different. People eat food because they feel depressed, or stressed. They want to use this way to release their pressure or emotion. Therefore, for those people, food represents negativity.

Besides, when majority people talk about emotional eating, their first impression will be obesity. This situation is not totally true, but part of. This is one of the most serious impact for emotional eating. Hence, people are afraid of this disease. But, if we can totally comprehend this, maybe we can use this influence to help people lose weight and control their body or body weight.

Why people will have Emotional Eating?

[1]Negative emotions may lead to a feeling of emptiness or an emotional void. Food is believed to be a way to fill that void and create a false feeling of fullness or temporary wholeness. Besides negative emotions, there are many other factors, such as retreating from social support during times of emotional need, not engaging in activities, not understanding the difference between physical and emotional hunger, using negative self-talking or changing cortisol levels in response to stress.

HOW

How to stop Emotional Eating?

[2]There are some methods to stop emotional eating. Firstly, finding other ways to cope with problems. For example, people can write a journal, read a book or find activities to relax. It can transfer your attention from mindset about eating food to engaging other actions in order to release stress. Secondly, people can try meditations, such as deep breathing, to overcome emotional eating. Many studies can use as evidences to prove that mindfulness meditation can treat this disorder. Besides, people can eat a healthy diet. Sometimes, people can not distinguish true hunger or fake hunger. Hence, if you can eat enough nutrients, then you can know the emotional eating. For that, you can eat some healthy food to deal with it, such as fruit, vegetables or low-calorie food. In addition, people can seek support, when they feel sad or stress instead of eating numerous food. For instance, people can engage some organizations like Overeater Anonymousto address emotional eating; people can ask doctors to give you some official ways to adjust your emotions. Finally, I find a clinically-proven online method, Shrink Yourself which used by 20 hospitals, 22 clinics and over 100,000 people by Dr. Gould.

WHAT

What is Shrink Yourself?

[3]Shrink Yourself can help people to recognize emotional eating triggers and change people's bad habits in order to improve their healthy. Then, it will help you

to understand the conflict between the rational part of your brain and the emotional part. Usually, it needs three months to finish.

For this method, I find an experiment which testes by Permanent Weight Loss coach Jolynn Braley about twelve weeks. He updated his progress every Wednesday.

Week One

[4]Braley knew that the Physical cravings will disappear with 3~7 days. And he removed the ingredients from diets that he is addicted. Braley still has emotional cravings for it. Hence, in week one, Shrink Yourself program is helping to recognize his urges to emotionally eat; not to make changes, but just to be aware. Hence, Braley focused on identifying specific feelings and situations which will cause people to emotionally eat.

Week Two

[5]Braley kept his weight 150.5 pounds. He is mainly eating clean and whole food. Besides, he also will do a minimum of 5 cardio sessions per week and 2 body sculpting sessions. He is becoming more aware that there are constructive ways of dealing with these feelings and situations instead of taking the destructive action of emotionally eating.

Week three

[6]Braley learned to cope with those feelings instead of emotionally eating rather than only being in the observation mode like the first 2 weeks. This week also include beginning to take positive, alternate actions instead of eating over emotions. Besides, Braley lost 13.5 pounds.

Week Four

[7]This week, Braley took off a week's jaunt to Switzerland and gained some muscle because of climbing mountains. The first part of week four's Shrink Yourself guided session was about looking at the reasons my emotions drive me to eat while the second part focused on ensuring that my self-doubts resulting from those emotions don't lead to emotional eating.

Week Five

[8]Braley starts the exploration of where people's emotional hunger originates from and changing how people live their life in order to deal with it in constructive ways. Emotional hunger will always be with people. Hence, we should handle emotional hunger in a positive manner instead of attempting to do so with food.

Week Six

[9]So far, Braley lost 15.5 pounds. In this week, he lost 3 pounds. In this week, he continues the process of looking at relationships and tries to handle, because they are often a huge cause of triggering emotional eating and emotional hunger.

Week Seven

[10]In this week, Braley lost 4 pounds. He is learning how to meet people's needs and work on people's self-doubts instead of avoiding government them with food, since food cannot solve either of these issues for you.

Week Eight

[11]In this week, Braley lost 1 pound. Don't have to got overwhelmed with accomplishing your lifelong dream, which can also turn into emotional eating, instead taking small steps that will feel the progress towards fulfilling the potential in your life that you truly desire.

Week Nine

[12]This week is learning about Safety-Seeking self, that part of yourself that sabotages you and keep you overweight because that's where you're comfortable - being overweight. Many people use food to comfort self and feel safe.

Week Ten

[13]Barley is 4 pounds lighter than last week. He focused on integrating your new, changed self fully, so that he does not sabotage himself by regaining weight and going back to old, comfortable self - the overweight self that his Safety-Seeking self likes to live with.

Week Eleven

[14]Compare to last week, Braley lost 0.5 pounds. This week, Shrink Yourself program deals with your rebellious self. It continues to sabotage him and work against the healthy part of him that wants to be fit and together - to be totally "with it", free of emotional eating and totally into health and fitness sans the struggle.

What is the result of experiment?

[15]Jolynn Braley has been very successful. He knew the motivations of emotional eating and lost his weight. He got a healthier diet. Week twelve's guided session of the Shrink Yourself program goes back over the habits he listed in week one's guided session and asks you if you're finding it easier to practice that habit.

Conclusion

In conclusion, emotional eating is eating in response to something other than hunger. It may be caused by stress, anxiety, anger, depression and happiness. It has many ways to solve this problem. In this essay, I introduced one method: Shrink yourself. It was created by Dr. Gould who is a pioneer in both Adult Development and Computer Assisted Therapy. The goal of Shrink Yourself program is to permanently disable

your hunger switch so that you first off lose weight but more importantly keep off the weight you lose. The experiment I illustrated is done by Jolynn Braley. In the first few months of his experiment he focused on learning about his motivations to emotionally eat and then he started losing weight. At the end of experiment, he said that you can end the emotional eating and lose weight if you're got to be ready and willing to do this. If you're not completely ready to regain your personal power and live an empowered life free of emotional eating and using food to cope, then I do not suggest you do the program.

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