

Mind
Over *Muffin*
by Leanne Lisbon

WEEK SIX

EMOTIONAL HUNGER
VS PHYSICAL HUNGER

Welcome to week six

Hey lovely welcome to week six of the program. This week we are delving deeper into emotion and what you're really hungry for. We will be uncovering some of the emotional weight you are carrying so you can start to release it and stop some of those cravings and urges for food.

This week will be an eye opener and help you feel more in control.

You will be learning a new emotional release tool that will help you shift emotion quickly as well as learning to identify the difference between emotional and physical hunger, yay!

It's going to be an awesome week!

Leanne ♥

Weekly Checklist

1. Watch this week's video and take notes.
2. Complete your workbook.
3. Use your journaling prompts and have a journaling session.
4. Keep using the Release It (Part Process) for anything you need.
5. Listen to the Emotional Hunger VS Physical Hunger audio as regularly as you like. (At least 3 times this week)
6. Use the Rapid Emotional Release Audio And Cheat sheet to learn the process on how to release emotion quickly. Decide on some emotions you will use the process for.
7. Share your wins and realisations in the Facebook Group.
8. Make a start on the other book suggestion from Month #2 of book club.

Notes from this weeks video

Write your notes and takeaways from the video here. What realisations did you have? What resonated with you? What light bulb moments did you have?

What is emotional eating?

Right now it might feel as though emotional eating is completely out of your control, as though some weird power takes over you and before you know it you're at the fridge or the kitchen cupboard and don't even know why!

Maybe you feel as though you're constantly hungry no matter how much you eat, or you can eat and eat and eat until you feel, or even make yourself sick.

Paul McKenna said, "If you eat based on emotion, your body will NEVER feel satisfied by food. This is why so many people think they never feel full. They never get the signal to stop eating, because they were never hungry for food in the first place."

I know, it's frustrating, I get it, I've been there. But it's time to know all the facts about this habit so you can over come it for good.

Although it feels as though you're not in control of this behaviour, you 100% are. Your unconscious mind is actually running this habit, it's become so engrained that it runs on autopilot, it's your mind's go – to thing and today you're going to get clear with why this is happening.

Once you know *why* it's happening and what purpose food is serving for you, you can start to take charge of this habit once and for all and reprogram your

mind to work the way you want it to. You may have already had some insights into this over the last few weeks.

Emotional eating can show up in various ways for each individual, so will be unique to you, but it's simply your unconscious mind's way of fulfilling something that's missing internally, and no food can actually satisfy this need, not long term.

It's important to remember that the food is not the real issue but the emotion driving the need for the food IS the issue. And so finding what this emotion is and why it's there is really important in finding a permanent solution for this problem.

Emotional Weight

You build and store emotion over time, it chains together and is stored in what I like to call your, 'emotional bottle bank'. Once this bottle bank gets too full, the emotion that keeps piling in starts to over flow, it takes the tiniest things to tip you over the edge. Just like the glass in this image below.

The body starts sending you signals and warning signs, you become more aware of your heightened emotion because you've reached a threshold and enough is enough. Maybe you find yourself snapping at unnecessary things, crying at the littlest of incidents and worrying about things that haven't even happened yet, or maybe you get ill.



When you have this emotional build up internally (remember this is all happening unconsciously so you won't always consciously realise) it starts to do one of a few things.

#1. IT WEIGHS YOU DOWN

Remember your external world is a mirror of your internal world, if you're carrying heaviness on the outside it's usually because you're carrying some heaviness on the inside.

We've all had that feeling of something 'weighing us down' or having



'a weight on our shoulders' this is emotional. It's linked to a past event, something that happened that's been left unresolved and we carry it around for years.

#2. PUTS THE BODY INTO SURVIVAL MODE (fight or flight).

Without realising you can be living in a state of constant stress. It takes energy for the mind to suppress the things it hasn't truly dealt with and released, this can put the body into a stress state. The build up of emotion over time does the same thing. When the body is in survival mode it's not focused on losing weight, if anything it holds on to it more. It also releases certain hormones and chemicals such as cortisol, a stress hormone that makes it hard to lose weight and break down fat!

#3. DRIVES UNWANTED BEHAVIOURS

When you have unresolved emotion it drives unwanted behaviours such as



emotional eating. The food is simply a distraction or external coping mechanism to try to deal with the emotion or avoid dealing with it because you don't know how. You're either trying to squash down an emotion or get an emotional reward.

Remember EMOTIONAL eating is about the EMOTION not so much the eating. When you start to deal with the emotion properly and the real

underlying issues of what's happening then you'll start to make long lasting change.

Paul McKenna explains emotion perfectly;

"Emotion is a bit like someone knocking on your door to deliver a message. If the message is very urgent, it knocks very loudly; if it's very urgent and you don't open the door it knocks louder and louder and louder until you open the door or it breaks it down. Either way the emotion will continue to come up until it's done it's job. As soon as you 'open the door' by listening to the emotional message and taking appropriate action, the emotion will simply go away."

This is a fantastic description of exactly what is taking place unconsciously. The stored emotion keeps knocking and knocking but is not getting answered and so therefore the build up of this emotion drives the need for food, it has to find an out let.

What past events are you carrying that weigh you down? Just trust whatever comes to mind. These things may seem completely unrelated to food and that's ok, write them down anyway. What events or memories feel really heavy from the past? What niggles at you?

What in your life right now feels heavy?

What feels like a weight, emotionally and mentally?

In what ways do you think the internal things you're carrying are showing up physically?

What would change for you if you let go of the internal weight?

In what ways are you stressed and running your fight or flight response?

What day to day things create stress in your life?

If you were to give yourself a score out of 10, 10 being the highest and 0 the lowest, what's your average stress level?

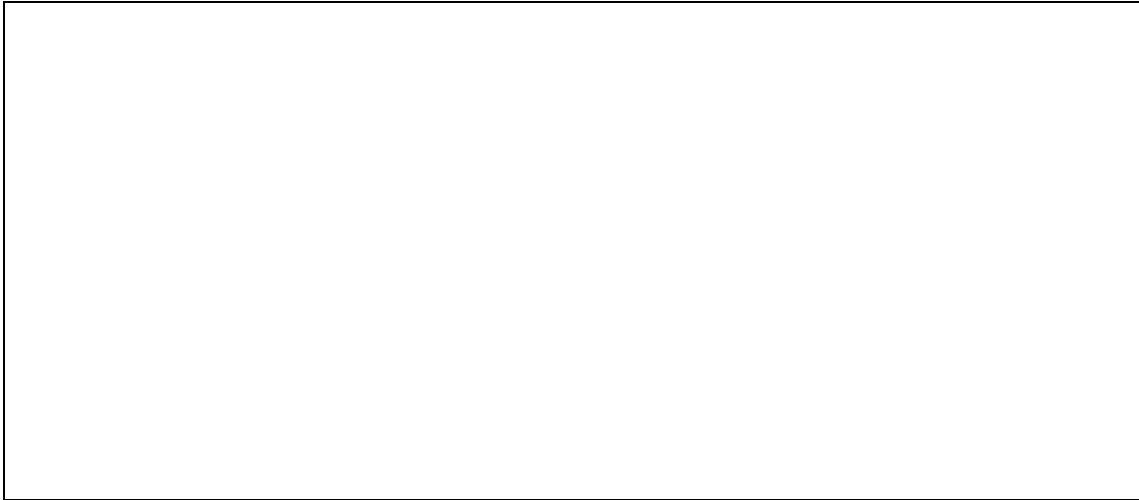
In what ways can you start to bring this down? What could you introduce to your life to help keep this number as low as possible?

In what ways are you currently using food to deal with unresolved emotion?

What do you think you're *really* hungry for?

If you're cravings were trying to teach you something what would it be?

Make a list of the emotions or feelings that come up most often for you day to day below. (These might be current or feelings from the past) include any that surfaced from the previous questions too.



Use the Rapid Emotional Release Audio And Cheat sheet on the membership site to learn the emotional release process so you can let the above emotions go. Work through one by one this week to clear all the emotions.

Journaling prompts

This week I'd love you to take out your journal and use the following journaling prompts to sit and write.

If you haven't journalled before then just relax with it, there's no right or wrong way to do it, it just is. Let the words flow from you and just write whatever is on your mind, it doesn't matter if it makes sense or not. No one is going to read it or be grading you on your grammar, this is your space. Journaling is a fantastic way to clear your mind and create more space internally, it helps you to be more present and more mindful, the more you feel this way in general, the more you will be this way around food too. Win!

Use the prompts below to help guide you with a journaling session. Find a quiet comfy space, put on some nice music (with no lyrics ideally) and let the words flow. Notice how you feel better after.

My cravings are showing me...

I know the hunger I've been feeling is...

I know I have been carrying shame about...

I know I have been carrying guilt about...

I know food is trying to show me...

The things I choose to let go from the past are...

I'm ready to change because...

Future me is...

I would love you to use your journal regularly this week as a tool to let go of anything that you're carrying and a way of releasing things. Turn to it whenever you need, let it help you process what you've got going on and create a more calm, spacious mind and state of being. It might feel weird to begin with but the more you do it the more you will love it.

Have an awesome week!

Leanne ♥

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“

Your cravings are here
to help guide you
towards your most
authentic self, and
your most purpose
driven life.

Mell Wells.

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