

*Module Three:* BREAK THE CYCLE



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# Module Three Workbook

## WELCOME TO MODULE THREE.

This module is all about transforming your relationship with food by transforming your relationship with yourself. This month we will focus on love, kindness and softness. This is where you start to intercept those food habits and do something different in it's place so that you can build new habits around food and create a new outcome.

### TASKS FOR THE MONTH:

- Watch the videos in this module
- Download the workbook
- Complete the tasks for this month - use the meditation and affirmations list
- Create your daily devotion practice
- Share your biggest takeaways or realisations in the FB group
- Share your top 3 intentions for the month ahead in the FB group
- Join our coaching circle calls

### WORK THROUGH THE CONTENT BELOW

After watching the video for this module, what realisations/ thoughts/ takeaways do you have? Write them below.

In what ways do you feel you've been in a battle with food over the years?



In what ways do you see food as the enemy? Is this serving you or making things harder?

In what ways do you think adding more love and kindness to your relationship with food would help?

What would meeting yourself with love and kindness in the moments of wanting to eat be like?

## INTERCEPT THE BEHAVIOUR

So what's actually happening in your brain when you want to eat?

Your mind is sending a signal to your body to do something that will help it achieve the desired outcome. You have actual neural pathways in the brain that have been created to help you achieve a desired outcome FAST.

For example maybe you have the belief of, food = comfort, hardwired into you. So every time you have a hard or stressful day, or you just need some comfort, your brain will fire off this neural pathway in the hope to get you the comfort you need as fast as possible. The more it does this the more engrained this habitual act becomes.

So how to stop it? Well we will be aiming to clear the root of the triggers, whether that be emotion, belief systems, past childhood conditioning etc as we continue through the modules but for now the first step to changing this is the following...

We're going to intercept and break the cycle of the usual habit that plays out for you.

For example what might usually happen is something like this...

**HARD DAY AT WORK/WITH THE KIDS = NEED COMFORT TO FEEL BETTER = REACH FOR CHOCOLATE TO GIVE YOU COMFORT = EAT THE CHOCOLATE (too much of it) = FEEL BAD ABOUT IT = HELLO SHAME AND GUILT SPIRAL.**

We want to avoid the shame and guilt and completely bypass the eating because eating in these moments is not really giving you what you want, not really. You need comfort on a deep level, from within you, in a nourishing way that will fill you up from within. Or you need to release the stress you're feeling and food can't do that either.

So here's what we're going to do.

**YOU EXPERIENCE AN URGE TO EAT (Whether that be from a hard day at work, feeling lonely, bored, angry, needing comfort, love etc) = YOU RECOGNISE THE URGE. (before acting fast and instantly reaching for food) = SIT WITH THE FEELING. FULLY FEEL IT. ACKNOWLEDGE IT. UNDERSTAND IT.**

**AND THEN DO ONE OF OR BOTH OF THE FOLLOWING THINGS...**

**#1: USE THE AFFIRMATION LIST AND RUN THESE THROUGH YOUR MIND OR SAY THEM OUT LOUD IN THAT MOMENT**

**#2: USE THE AUDIO I'VE GIVEN YOU IN THIS MODULE. This will help you release the emotion properly that you're feeling that's driving the need to eat.**

See the following page for a list of suggested affirmations to use in this moment to break the cycle of the eating. By using a different thought in that moment, you will create a different feeling, different state and therefore a different outcome.

# Affirmation List

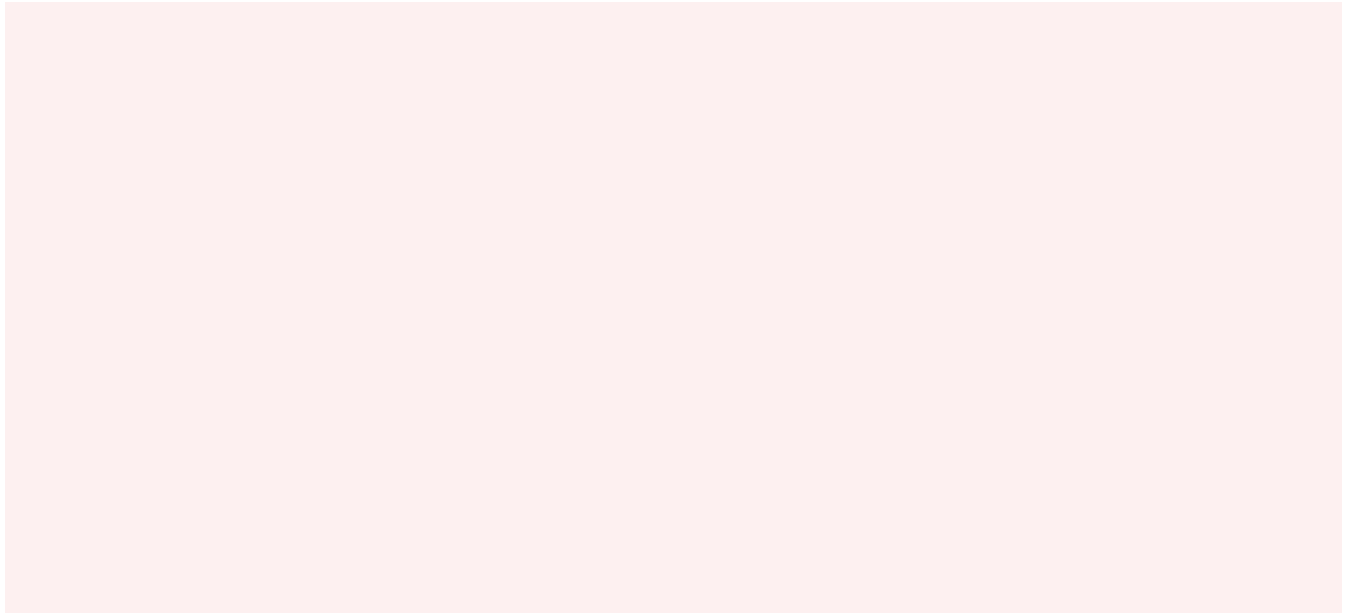
## TO INTERCEPT EMOTIONAL EATING EATING AND BINGEING

Use the following affirmation/ statement list in the moment of wanting to emotionally eat or binge. Run the affirmation through your mind or say out loud for greater impact. Stand tall, shoulders back, take some deep breaths and use the affirmation to change the thoughts you're having so you can change the outcome. Remember your mind is SO powerful. The way you think creates EVERYTHING. By changing your thoughts you can change the outcome.

- Thank you food, I know you want to be there for me, but now I'm learning a better way
- It's ok for me to feel what I'm feeling right now
- It's safe for me to feel what I'm feeling
- I truly honour myself in this moment and choose to show myself kindness
- It's ok, it's ok, it's ok
- Just breathe
- I've got this. I'm strong. I'm powerful. I've got this
- This is just a feeling it will pass
- I can find a better way
- Food will not give me what I'm truly searching for in this moment
- I choose to break the cycle now
- What is is I really need right now?
- How could I show myself some love right now?
- How could I show myself kindness?
- How could I give myself what I'm truly craving (beneath the food craving)
- I choose to show myself love, kindness and respect



What other statements, phrases, questions or affirmations could you add to the above list that would help you in that moment of changing your response to food? List them below.



### THE EMOTIONAL ACKNOWLEDGEMENT AND RELEASE AUDIO

I've also given you an audio this month to use in the moment of wanting to emotionally eat or binge. When you're getting a craving or urge to eat, the majority of the time this is driven by emotion. The reason emotion keeps firing off the same trigger is because it hasn't been fully dealt with. In order to properly process an emotion we need to...

**ACKNOWLEDGE IT FULLY.**  
**FEEL IT FULLY.**  
**UNDERSTAND IT.**  
**RELEASE IT.**

Once you do this, the emotion will pass and you won't need food in that moment anymore.

The audio I've created for you will help you do this. Use the audio in the moment to allow yourself to fully release the emotional urge behind your eating habits.

The most important part of this practice is that you give it a go. Even if the first few times it doesn't feel like it helps, it's ok, keep going, keep persevering and you'll start to create some new outcomes.

After putting these tools into practice. How did you get on?

Blank space for response.

How did the affirmations or the audio help you create a different response?

Blank space for response.

*Part Two*

**CREATE YOUR DAILY DEVOTION**

Before completing the second part of this workbook please make sure you have watched the video on the members site.

After listening to the video on a daily devotion practice what came up for you? What did you like the sound of? How do you think adding this into your day will support you?

Blank space for response.

Do you feel any resistance to it and if so why do you think that is?

Blank space for response.



What will be the benefit to you and your relationship with food when you have a daily devotion practice?

How will you segment your time throughout the day? Will you do the practice all as one 20-30 minute chunk or split it down into 2 or 3? Set your intention below.

What time of day will you carry out your daily devotion?

What 3 (or more) things will you put into your practice to start with? Remember this can change week to week but what will you start with? Write them below.

Enjoy doing your practice from a place of 'I choose to and want to' not 'I have to'.

Share your daily devotion practice in the Facebook group and let me know how you get on.

Have a great month, see you in the group.

*Leanne xx*



YOU MUST MASTER  
A NEW WAY TO  
THINK BEFORE  
YOU CAN MASTER  
A NEW WAY TO BE.

*Marianne Williamson*

