

# Module 5: EMPTY YOUR EMOTIONAL CUP



By Leanne Lisbon. Mind Over Muffin.

# Module Five Workbook

WELCOME TO MODULE FIVE.

This module is all about starting to empty your emotional cup. What does that mean? Start releasing all the emotions you've kept bottled up that are impacting your eating habits, your weight loss success, your day to day mood and level of happiness in life. This is going to be an awesome month, get ready to feel lighter!

## TASKS FOR THE MONTH:

- Watch the videos in this module
- Download the workbook
- Learn the Part Process
- Use the process for releasing the emotions you're holding onto
- Use the guided audio to help you do the process
- 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.



Emotion is having a big impact on your eating habits and the way you feel day to day.

Here's a few things it's currently doing that you might not be 100% aware of:

**#1: IT WEIGHS YOU DOWN, EMOTIONALLY AND PHYSICALLY.**

You'll be holding on to a lot of past emotions from your childhood and life, this weight is creating an internal emotional weight that will show up as external physical weight. When you release the internal you'll release the external.

**#2: EMOTIONAL TRIGGERS.** The emotion you're carrying will be driving the desire to eat at times that you don't even realise. The combination of all emotions is adding to your daily stress levels, eating to escape this is so common. Also using food as a coping mechanism because of past experiences/traumas we've been through happens often too. When you release the emotions it will stop the drivers for eating.

**#3: PUTS YOU INTO SURVIVAL MODE.** The unconscious mind holding all this emotion puts your body into survival mode which means you're in fight, flight or freeze mode. This is a heightened state of being that was designed for quick intervals, not prolonged states of being. Being constantly triggered, stressed, overstimulated means you're living in survival mode and this depletes the body as well as makes it so hard to lose weight.

**#4: IT TAKES YOUR ENERGY.** Holding all of this emotion is taking your energy, it will be effecting so much more than you realise. There are SO many benefits to releasing emotion, better sleep, healthier hormones, more energy, quicker weight loss, better eating habits, calmer states of being, the list goes on.

What are the main emotions you experience day to day? Consider, anger, sadness, fear, guilt, shame, frustration, resentment, overwhelm, loneliness, boredom. And why do you think this is?



What are your day to day stress levels like? Rate yourself from 0-10 (10 being the highest, really stressed)

Empty text box for rating stress levels.

What causes the most stress in your life?

Empty text box for describing stress causes.

What are your current anxiety levels like? Rate yourself from 0-10 (10 being the highest, really anxious, 0 totally relaxed)

Empty text box for rating anxiety levels.

What are you holding in your 'emotional cup'? Consider your past, present and future, what's in there? What's playing a big role?

Empty text box for describing emotional cup contents.

What stand out moments in the past feel like they have a lot of emotion attached?

Empty text box for describing stand-out moments.



In what ways might you be in fight, flight or freeze mode? How is that showing up day to day and how is it impacting your life?

How are your current emotions affecting your eating habits?

In what ways do you think the emotions you're holding on to internally are being held externally and physically in your body too?

What would be the benefit of releasing the emotions you're holding? What would it positively impact in your life?

Do you have any resistance to releasing the emotions? If so why do you think this is? And how will you ensure you move through this?

## Part Two

MAKE SURE YOU'VE WATCHED THE PART 2 VIDEO ON THE MEMBERS SITE

I'm going to teach you a powerful process that will help release emotion from the core. How does it work? All emotion is stored with a significant moment or event where the emotion began or was at its peak, this memory becomes a SEE (Significant emotional event) in the unconscious mind and becomes a reference point for all future same emotion. At this point there will be a version of you at a certain age that was experiencing this emotion and this is who we want to work with. There will be part of you in charge of that emotion, a part that is keeping that emotion alive because it was never truly dealt with and healed.

I call this the 'part process' because you're working with an unresolved part of you that is essentially missing something. You can also think of it as healing your inner child.

You will have many fragments of your mind that are essentially stuck at a certain age that need resolving and healing. When you do this, you recreate wholeness, experience more flow and balance and will be so much calmer and relaxed. This is exactly what we're about to do.

We're going to start by using this process for 4 main emotions, **anger, sadness, fear and guilt**. But you can continue on and work on all the emotions you listed out at the beginning of this workbook that are adding to your emotional cup.

You can also use this for cravings, in the moment of wanting to eat.

### THE PROCESS

**THE EMOTION:** Which emotion will you work on? Write it below and rate it from 10-0 in terms of intensity. (10 being the highest, 0 being the lowest)



**ROOT CAUSE:** Consider the root cause of this emotion. Think back to childhood, where did this emotion start from, was there a significant event you remember? (Please note, sometimes emotion can come from a past life, in the womb or be passed down to us genealogically, so be open to this too) When was the first time you remember feeling this emotion? Write down anything that comes to mind here. Take your time. It's ok if nothing specific comes.

**WHAT AGE IS SHE?** If you had an event come to mind on the previous question what age were you at that time? Write the age below.

If you didn't have an event come to mind then answer the following question. When you think about the part of you in charge of the emotion, what age is she? Write the age below. Trust yourself with this, go with whatever comes to mind.

**EXPRESS WHAT SHE HAS SUPPRESSED:** Imagine the younger version of you standing out in front of you. Imagine sitting with her, talking with her and asking her how she feels. What's been going on for her? What has she been dealing with? Let her express to you everything she has suppressed and kept inside. Let the words flow.



**WHAT DOES SHE NEED?** When she has said everything she needs to, then ask her 'what does she need?' There may be 1 thing or there might be 20. You can list them below.

**GIVE THEM TO HER:** Give her the above things, give her MORE of them than you can ever imagine having, MORE than she would ever need in her whole entire life. Do this in whatever way works best for you and her. You can visualise giving her these things or someone else giving her these, it doesn't matter just let her receive it fully. Notice what changes in her once she has them.

**HOW DOES SHE FEEL NOW?** Check in with her again. How does she feel? Is there anything else she needs? If so give it to her now so she can be totally whole and healed. Make sure she has everything she needs.

**GIVE HER LOVE:** Then once she is whole and complete, give her the biggest hug. Tell her she is SO loved, more than she could ever imagine. Tell her you're proud of her. And anything else you feel you want to say or do with her, do that now.

**INTEGRATION:** Now it's time for integration. You have two options of what to do next. Choose whatever feels best for you:

OPTION #1. Let her run off and play, be a child, do whatever she feels she wants to in that moment. Trust whatever comes to mind

or...



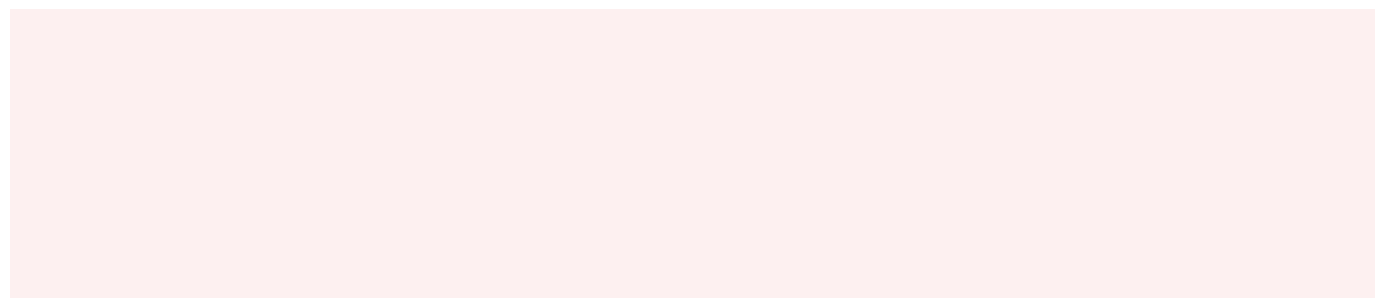


OPTION #2. Grow her from the age she is now to the age you are today. Watch her grow year by year, age by age out in front of you. As she grows to each age acknowledge what's changed at each age now that she has more of everything than she will ever need.

Once she is grown up to the very age you are today, visualise taking her back within you. Imagine she could merge back into the wholeness of you allow it to create a wholeness inside as you recognise that now YOU have more of everything than you will ever need.

**WHOLE AND HEALED:** Yay, you've healed that younger you, your inner child that was keeping that old emotion alive.

Use the audio with this module to guide you through the process too. Once you've used the audio, check in with that old emotion, what's the number out of 10 now? With 0 being the lowest what number are you at now? And what was that experience like for you?



### **OTHER THINGS TO WORK ON USING THIS PROCESS.**

You can now repeat this process for the other emotions you want to work on. Make sure you cover the basis of anger, sadness, fear and guilt. You can also use it for a craving, when you feel the urge to want to eat, identify the emotion that's behind the craving or the reason and do the process.

**BELEIF SYSTEMS:** Things such as FOOD= COMFORT. FOOD = A REWARD. FOOD MAKES ME HAPPY.

You can do the exact same process but ask for the part in charge of this belief to stand out in front of you. For example the part in charge of using food for comfort. Then do the process for this. It's really powerful for breaking that habit. Test it out, get familiar with it and use it often.

Any questions let me know in the Facebook Group, I'm here to guide you, so please reach out if you need some help.

*Leanne xx*



The only way to lose weight and keep it off is to go to the unconscious mind and change your relationship with food forever.

*Paul McKenna*

