



Emotional Eating: How Do You Relate To Food

Diets will come and go. The fitness and diet craze began with the Atkins diet. We moved forward with no carbohydrates – low carbohydrates diets, high protein, cabbage soup diet, and fruit and vegetables diet. The craze of crash diets will continue till the end of time. However, the one constant variable that remains the same in this equation is your relationship with food.

Yes, you do have a relationship with food. The true question is what type of relationship do you have with your food? Take a moment and really think when you eat certain foods how do you feel. If you are constantly snacking, binging, eat to the point of feeling stuffed or you can't control what you eat you may be an emotional eater.

An emotional eater consumes food for physical reasons like nourishing the body as well as emotional reasons. The emotion could range from feeling alone, boredom, avoiding reality, stress, or anxiety. The key to controlling why you eat is to identify why you are an emotional eater.

In order to identify why you may eat to deal with an emotion we will list typical issues that we are sometimes using food to address that emotion.

1. **Problem: Dealing with change**

The onset of a new environment or change in our lives can add an overwhelming sense of emotion. Change is just that change. If you feel that the change could potentially be a negative change it could cause you to direct that energy and emotion to a plate of comfort food.

Solution:

Write down how you see the change affecting your environment positively. List the details for your outcome. Speak positive words into your situation. “ It is a well known fact that one comes, finally, to believe whatever one repeats to one's self, whether the statement be true or false. “ Napoleon Hill. Speak positive truths in your new beginning.

2. **Problem: Independence is obtained when choosing your food**

The only time you feel in control of your life and feelings is when you make a decision on what you eat. You often have an issue of being too nice and find

yourself overextended because you can never say no. The only time you take a stand for what you really feel is when it is time to eat.

Solution:

Women often have a history of always saying yes. We find ourselves tired and exhausted because we want to always be there for others. So today start with yourself. You can be of no value to anyone else if you have over committed yourself. Start by practicing a graceful no. Find your power and strength in “ NO.”

3. Problem: You eat to fulfill a desire that is not being met in a relationship

In your relationships with friends, family or significant others you are desperately seeking a basic need for security, trust, or intimacy. Because that need is not being met in your current relationships you find comfort in food.

Solution:

Make a list of current important relationships. Write down how that person makes you feel. Write down the positive and negatives. If one person has more negatives feelings by their names, write down how you would like the relationship to change.

Have a conversation with the person and let them know how you feel. If the person can honestly make the necessary changes then continue with the relationship. If after several weeks you can't feel the changes you should reevaluate the relationship.

4. Problem: To deal with the pain of rejection

If you find yourself getting hunger cravings when someone takes you for granted, belittles you, or talks down to you. This is a way to avoid confrontation. No one likes confrontation. I take that back, some people do. If you are someone who hates confrontation and avoids it at all costs you may use food to avoid dealing with confrontation.

Solution:

Confronting someone can often feel like an argument. It can raise your blood pressure. If you change how you feel about the word confrontation and define confrontation for yourself. Instead of confronting you tell someone what you think. I have a new client who is never afraid to tell someone what she thinks. People really appreciate not guessing what you think or feel.

The four problems and solutions listed above are several of issues people are emotional eaters. So before the holidays are upon us figure out what your emotional eating issues are before the Thanksgiving turkey becomes your next victim. Having problems are not an issue, but not searching for solutions can be the problem.

Madison Chase is a celebrity personal trainer who resides in Los Angeles, CA. Her fitness career began as a classical ballerina who has trained with Julliard, School of American Ballet, Houston Ballet, and Fort Worth Ballet. She has appeared in Core Secrets info-commercials for Gunner Perterson and Karen Voight. She is a certified personal trainer at 360 Health Club and her certifications include AMFPT, IFPA,ACE, NASM and she is also pursuing her Masters in Exercise Physiology. For additional information you may visit: www.madisonchasefitness.com

A handwritten signature in black ink that reads "Madison Chase". The signature is written in a cursive, flowing style. The word "Madison" is on the top line and "Chase" is on the bottom line, with a large loop at the end of the "C" in "Chase" that extends downwards.

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