



Module 22



**BREAK FREE FROM
COMPULSIVE EATING**

PRINCIPLES OF BREAKING FREE FROM COMPULSIVE EATING

- 1| Deep and lasting transformation is possible; if one person can break free, anyone can.
- 2| There are always exquisite, life-affirming reasons why we turn to food when we're not hungry.
- 3| Compulsive eating is a primary symptom, not the primary problem.
- 4| We eat the way we live; how we eat is also how we spend money, time, love, and energetic resources.



EATING GUIDELINES

- 1| Eat when you are hungry.
- 2| Eat sitting down in a calm environment. This does not include the car.
- 3| Eat without distractions. Distractions include radio, television, newspapers, books, and intense or anxiety-producing conversations or music.
- 4| Eat what your body wants.
- 5| Eat until you are satisfied.
- 6| Eat (with the intention of being) in full view of others.
- 7| Eat with enjoyment, gusto, and pleasure.



THE WAY THINGS ARE

- 1| Approach your diet with love and know that your food gives you the nourishment you need to be you.
- 2| All psychological blocks are doorways to our true nature.
- 3| What we pay attention to grows.
- 4| If you spend your life rooting out pain, you'll become a hunter of pain, not a finder of joy.
- 5| Until we examine what we really want, we may mistake indulgence (in what we think we want) for freedom.
- 6| It takes great effort to become effortless at anything.
- 7| Joy, delight, and curiosity must be cultivated, although they are utterly natural states of being.
- 8| Happiness is an inside job.

REFERENCES

- Roth, G. (2003). *Breaking free from emotional eating*. New York, NY: Plume.
- Roth, G. (2011). *Women food and god*. New York, NY: Scribner.