



Emotional Eating and the Holidays

HOW TO AVOID THE TRIGGERS THAT LEADS TO OVEREATING

10 KEY TAKE-AWAYS

Take Away #1 – Understand that we don't turn to food to just satisfy hunger. That we turn to food for comfort, stress relief, or as a reward.

Take Away #2 – Becoming emotional competence is about identifying your emotional triggers and expressing them wisely.

- Ask yourself a few key questions before you react: What am I trying to avoid and is food the best way to answer these feelings/emotions? Am I sad? Why? Am I depressed or lonely? Why? Am I really hungry or do I just want to eat?
- Think about what you are thinking about before you act on those thoughts or emotions.
- Identify those emotions that has led to overeating in the past so you can interrupt that cycle before it gets started.

Take Away #3 – Understand that emotional balance is about ongoing growth and renewal rather than healing. The word of God tells us to be renewed in our mind daily. So it's not an overnight success but an ongoing moving forward and being strengthened in your inner man daily by mediating on the word of God.

- Get up every day and surrender this area of your life to Him and be strengthened in your inner man by feasting on the word of God.
- that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.... Ephesian 4:22-24
- Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. Romans 12:2

Take Away # 5 - That the sanctification of your emotions is a work of grace involving the power of the Holy Spirit working in the heart of the committed believer.

- You want to involve the work of the Holy Spirit in this area of your life because it's delicate, sensitive, can be intense and you will need His strength to break strongholds in

your mind and in your emotions. For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart (Romans 4:12).

Take Away #6 – You are a co-worker with God. You are never alone on your journey but the success of your journey depends largely on your cooperating with the leading of the Holy Spirit. Learn to recognize when He is speaking. You will hear a voice that says this is the way walk in it (Isaiah 30:21).

Take Away #7 – Sanctification is the state of proper functioning; set apart for God's use; being used for the purpose intended.

- A pen is sanctified when used to write.
- Eyeglasses are sanctified when used to improve vision.
- We are sanctified when we live according to God's purpose. Our emotions are sanctified when they are used for God's purpose.

Take Away #8 - If you are an emotional eater, you have to get to the place where you commit to become emotionally mature and Christ like. You want to be able to express your emotions with clarity, integrity, and sensitivity so that you arrive at the place where you are making choices and not being led by your emotions.

Take Away #9 – You are a tri-part being. You are connected spirit, soul and body. Ask the Holy Spirit to help you to be alert as to how emotions arise in your spirit, in your soul and in your body. The complex interactions in these areas create your emotions and help to develop your character (who you are, how you act, react or dictates your behavior); they help to drive your choices.

Take Away #10 – Give yourself permission to win. No, despite all these things, overwhelming victory is yours through Christ who loves you (Romans 8:37).

- Tell yourself its ok to succeed. That it's ok to look good and to feel good.
- Get a vision for your life, how you want to look, how you want to feel, how you want others to see you.
- Don't be afraid to win. If you are used to losing the battle with your weight or your appetite, don't sabotage your success now that you are on the right track. Become comfortable with the idea of winning and make a commitment to stay the distance until you reach your goal.

Resource: Biblical EQ: A Christian handbook for emotional transformation. John Edmiston