

REWRITE YOUR STORY

A Self-Discovery Workbook to Heal Eating Habits, Emotions, and Body Trust

UNCOVER. UNDERSTAND. TRANSFORM.

Practical Follow-up To The Hungry Mind

SHANNON WATERS

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WELCOME!

Dear Reader,

Welcome to this sacred space, a place where your story matters, your feelings are valid, and your healing is possible.

The Hungry Mind: Rewriting the Story Between Food and Feelings was born from a deep knowing: that our struggles with food are never just about the food. Behind every craving, every compulsion, every cycle of restriction and regret is a story, often untold, often buried beneath layers of shame, survival, and silence.

back to yourself. It's not about rules or willpower. It's not a plan to fix what's "wrong." Rather, it's a space to unearth your story, to reconnect with the wisdom of your body, and to rewrite the inner narratives that keep you stuck in cycles of emotional eating, guilt, and self-criticism. This is a space for real, messy, honest exploration, the kind that leads to growth. It's a journal. A map. A mirror. A pause. A place to reflect, release, remember, and return.

You don't need to fix yourself. You're

This workbook is a companion, not a prescription. It was created to walk beside you as you explore the complex landscape of your relationship with food, body, and emotion. Within these pages, you'll find guided reflections, journaling prompts, somatic tools, and gentle practices to help you reconnect, not only with your body's wisdom, but with your emotional truth, your past experiences, and your present needs.

This is your invitation to begin, or continue, a deeply personal journey

not broken. What you've carried, whether trauma, conditioning, unmet needs, or inherited beliefs, is not your fault. But healing is your birthright. And rewriting the story is your power.

Each part of this workbook corresponds to a stage in your healing, from identifying your emotional patterns, to understanding the body's memory of pain, to learning how to soothe without self-punishment, and finally to stepping into a story that honors your resilience.

Some days, you'll feel clear and courageous. Other days, foggy or fragile. That's okay. Healing is not linear, it's cyclical, it's human, and it's sacred work. Go at your pace. Skip around if needed. Return to a section when you're ready. Use this book not to judge yourself, but to listen more deeply to what your hunger is really asking for.

I created this workbook for anyone who has ever felt stuck in a pattern they don't understand. For anyone who has used food to numb, control, soothe, or survive. For the parts of

up emotions or memories. Pause when needed. Breathe. Stretch. Comeback when you feel grounded.

- **Use a journal alongside the workbook.** You may want more space to explore your thoughts than these pages allow.

- **Revisit sections.** Healing is cyclical. You may return to the same insight with a deeper perspective later on.

- **Celebrate small wins.** Every time you choose awareness over autopilot, you're rewriting your story.

you that long for freedom, not just from food struggles, but from the stories that keep you small.

You don't have to move through it in order. Some days you might feel ready to tackle a tough memory; other days, you might need grounding practices or a space to simply reflect. Trust your own pacing. Listen to your nervous system. Let curiosity lead.

Here are some ways to approach this work:

- **Go gently.** Some prompts may stir

May this be your invitation to come home, to your body, your needs, your truth, and your wholeness.

I am honored to walk beside you.

With love,



CHAPTER

01

MAPPING YOUR INNER LANDSCAPE: THE MIND-BODY-FOOD CONNECTION

PROMPTED JOURNALING
REFLECTION EXERCISE
BODY AWARENESS CHECK-IN
TRIGGER MAPPING WORKSHEET

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01

MAPPING YOUR INNER LANDSCAPE

Every journey of healing begins with a map, not to a destination, but to understanding the landscape we've been walking all along.

In this first section, you are invited to pause and listen. Not just to your thoughts or beliefs, but to the *whole you* - your emotions, your body signals, your cravings, your stories. Before we can change patterns, we need to see them clearly. Before we can rewrite the story, we have to understand the one we've been living.

Mapping your inner landscape means tuning in to the parts of yourself that may have gone quiet, been ignored, or been buried under years of survival. It's a process of becoming familiar again with your emotional terrain, your bodily cues, and the meaning food has carried for you,

sometimes in ways you never realized.

Many of us were taught to push past our feelings, ignore our hunger, override our fatigue, and disconnect from our bodies. Over time, food can become a translator, expressing what we cannot say aloud, soothing what we cannot name, or protecting us from what we cannot bear. These are not failures. They are adaptations: creative, intelligent, and often unconscious strategies for survival.

This part of the workbook is not about changing your behaviors, *not yet*. Instead, it's about deep noticing. You are here to become an observer, a gentle investigator, a compassionate witness to your own lived experience. That might feel unfamiliar. It might feel tender. And that's okay.

You're not expected to have answers, only awareness.

You'll explore:

- Early experiences that shaped your emotional and eating patterns
- The messages you received (and internalized) about emotions, food, and body
- How your body holds and communicates your inner experiences
- The triggers that activate cravings, emotional eating, or disconnection.

This section may stir memories. It may reveal forgotten truths. It may surface grief, relief, or even resistance. All of that belongs here. Whatever you discover, remind yourself: awareness is not judgment, it's clarity. And clarity is the beginning of freedom.

A Few Reminders Before You Begin

- a.** Go slowly. Let your nervous system guide your pace.
- b.** Be tender with whatever arises. You're peeling back protective layers, not ripping them off.
- c.** There's no "right" way to do this work, only your way.
- d.** If you feel overwhelmed, pause. Breathe. Move. Ground. Come back when you're ready.
- e.** Your story deserves to be told and honored.

You are not here to be fixed. You are here to be heard. To be seen. To be known by yourself in a deeper way than before.

Let this be a beginning not of a diet, not of a self-improvement plan, but of a gentle return to your own wisdom.

With every word you write, every moment you reflect, you are making your way back home.

PROMPTED JOURNALING:

When did I first connect food with comfort?

Why This Matters: This journaling exercise helps you trace the roots of your emotional eating patterns with curiosity and compassion. Understanding when and how food became a comforting presence in your life can uncover important clues about your relationship to safety, love, and emotional expression.

Can you recall a time in childhood when food made you feel better emotionally?

What was happening in your life at that time, emotionally or relationally?

Was anyone around you modeling this behavior (e.g., giving sweets to “cheer you up”)?

PROMPTED JOURNALING:

When did I first connect food with comfort?

**How did food make you feel in that moment? Safe? Loved?
Distracted? Powerful?**

What message did your younger self receive about food and emotions?

Let your pen move freely. Write without editing. You don't have to remember everything perfectly, trust what arises.

REFLECTION EXERCISE:

What messages did I receive about emotions and food growing up?

Why This Matters: So much of what shapes our relationship with food and emotions begins in childhood, often without our awareness. We absorb unspoken rules, family dynamics, and cultural expectations. Let's explore the emotional atmosphere of your early life and how food was part of that environment. It's not about blaming anyone, it's about understanding how patterns were formed and what you want to carry forward or release.

WHAT WAS THE EMOTIONAL CLIMATE IN YOUR HOME GROWING UP?

WERE EMOTIONS TALKED ABOUT, DISMISSED, PUNISHED, WELCOMED?

HOW WAS FOOD USED IN YOUR FAMILY?

AS REWARD? PUNISHMENT? CELEBRATION? COMFORT? DISTRACTION?

REFLECTION EXERCISE:

What messages did I receive about emotions and food growing up?

WERE THERE “RULES” AROUND FOOD OR EATING THAT YOU STILL FOLLOW TODAY?

EXAMPLES: “YOU SHOULDN’T WASTE FOOD.” “GOOD GIRLS DON’T ASK FOR SECONDS.”
“EMOTIONAL NEEDS ARE WEAK.”

WHAT BELIEFS DID YOU INTERNALIZE ABOUT EXPRESSING YOUR EMOTIONS?

WERE YOU TOLD TO STOP CRYING? DID SOMEONE MODEL EMOTIONAL EATING?

REFLECTION EXERCISE:

What messages did I receive about emotions and food growing up?

HOW DO YOU THINK THOSE EARLY MESSAGES ARE STILL INFLUENCING YOUR CURRENT BEHAVIORS OR BELIEFS AROUND FOOD AND FEELINGS?

BODY AWARENESS CHECK-IN:

Scan and sketch your body after eating. Where do you feel tension, satisfaction, emptiness?

Why This Matters: Many of us eat without tuning in to our body's subtle cues. Years of dieting, emotional eating, or stress can lead to disconnection from hunger, fullness, and physical comfort. This check-in helps rebuild that connection by inviting you to notice what your body is communicating, not with judgment, but with curiosity.

Learning to feel your fullness, notice where emotions live, and identify bodily responses to food helps develop *interoceptive awareness*, the ability to listen inward. This is a key step in healing emotional eating patterns and reestablishing body trust.

How to Practice: After your meal or snack

- **Sit or lie down comfortably.** Close your eyes if that feels safe.
- **Breathe slowly** for a few moments to settle.
- **Gently scan** your body from head to toe. Ask:

- Where do I feel sensation: *fullness, lightness, tension, pressure*?
- Are there places that feel *satisfied*, or areas that feel *uncomfortable*?
- What's happening in my *stomach, chest, jaw, throat, or limbs*?
- Do I feel *energized, sleepy, numb, heavy, calm*?

Please refer to page 17 and fill out list.

Try this practice a few times a week. Over time, you'll begin to recognize patterns: when food soothes, when it numbs, when it nourishes, or when it causes discomfort. This awareness becomes the foundation for choice, not control, but conscious care.

BODY AWARENESS CHECK-IN:

Scan and sketch your body after eating. Where do you feel tension, satisfaction, emptiness?

WHERE DO I FEEL SENSATION?

*fullness, lightness, tension, pressure.
other..*

PLACES SATISFIED, UNCOMFORTABLE?

WHAT'S HAPPENING IN MY

*stomach, chest, jaw, throat, limbs,
other..*

DO I FEEL

*energized, sleepy, numb, heavy,
calm, other..*

TRIGGER MAPPING WORKSHEET:

Identify top 3 emotional, environmental, or relational triggers around food.

Why This Matters: Emotional eating often doesn't come out of nowhere, it's a response to a trigger. Triggers are experiences, sensations, environments, or relationship dynamics that activate a pattern: a craving, a compulsion, or a disconnection from your body. Mapping your triggers helps you recognize the why behind your eating, so you can respond with greater awareness and choice.

This worksheet helps you explore three types of common triggers:

- **Emotional Triggers:** feelings like loneliness, anger, boredom, anxiety, or shame
- **Environmental Triggers:** places, smells, times of day, ads, certain foods in your home
- **Relational Triggers:** dynamics with people who cause stress, pressure, guilt, or unmet needs

This is not about avoiding triggers completely. It's about identifying them so you can *respond with compassion* rather than react automatically.

Step 1: Brain Dump - What Are My Triggers?

Write freely. What feelings, situations, places, or people make you more likely to eat in a way that feels unconscious, impulsive, or disconnected?



TRIGGER MAPPING WORKSHEET:

Identify top 3 emotional, environmental, or relational triggers around food.

Step 2: Categorize Them

Now, list your top 3 triggers in each category below. They may overlap; that's okay.

EMOTIONAL TRIGGERS

ENVIRONMENTAL TRIGGERS

RELATIONAL TRIGGERS

TRIGGER MAPPING WORKSHEET:

Identify top 3 emotional, environmental, or relational triggers around food.

Step 3: What Happens Next?

For each trigger, briefly describe:

- What usually happens?
- How does it feel in your body?
- What do you typically reach for (food, behavior, distraction)?
- What would you want instead?

Please turn to page 21 and gently complete the worksheet.

Understanding your triggers is not about eliminating them; it's about **meeting them differently**. You might journal, take a walk, text a friend, or pause for breath. Over time, you'll learn to respond to discomfort without abandoning yourself. That is healing.

Daily or Weekly Awareness Log

Use the log to track your experiences with emotional, environmental, or relational triggers. You can complete one entry per day or several across the week. The goal is *not perfection*, but deepening your ability to observe patterns and practice compassionate awareness.

Instructions: Use one row per triggering experience; Fill out as much or as little as feels manageable; At the end of the week, look for patterns or recurring needs.

Please find the Daily Log on pages 152-154 to fill out.

TRIGGER MAPPING WORKSHEET

Trigger	My Usual Reaction	Body Sensation	What I Typically Do	What I Need or Want Instead

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CHAPTER

02

UNDERSTANDING THE STORY YOU'VE
BEEN LIVING: EMOTIONAL PATTERNS
AND BELIEF SYSTEMS

BELIEF MAPPING WORKSHEET
COGNITIVE DISTORTION TRACKER
FOOD & FEELING DIARY
REWRITING THE INNER NARRATIVE PROMPT
LEGACY REFLECTION PROMPT

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02

UNDERSTANDING THE STORY YOU'VE BEEN LIVING

*"We don't see the world as it is,
we see it as we are."*

- Anaïs Nin

Every one of us carries a story about who we are, what we deserve, how we should feel, and how we cope. These stories aren't written all at once. They are shaped by early experiences, emotional blueprints, cultural messaging, and the behaviors we adopted to survive or feel safe.

In this section, you will begin to uncover the deeper narratives running beneath

your relationship with food, emotions, and self-worth. You'll explore the belief systems you inherited or built, and how those beliefs have informed your eating behaviors, body image, and emotional regulation. This is where the work deepens and transformation begins.

The goal here is not to judge your story, but to understand it and ultimately learn that you are not your story. You are the storyteller. And you can begin to rewrite what no longer serves you.

BELIEF MAPPING WORKSHEET

What do I believe about hunger, fullness, control?

Why This Matters: Our beliefs act like silent scripts guiding how we behave and react, especially in moments of stress. Many of these beliefs were never chosen consciously; they were absorbed. This inventory invites you to explore those inner narratives.

Instructions: List your beliefs in each area, then ask yourself:

- Where did this belief come from?
- Is it still true for me?
- Does it support or sabotage my well-being?

Template:

Area of Life	My Beliefs	Source or Influence (if known)	Is This Still True/Helpful?
About Myself	“I’m not enough unless I achieve.”	Parent, School, Culture	☐ Yes ☐ No ☐ Unsure
About Food	“Carbs are bad.”	Diet culture, Media	☐ Yes ☐ No ☐ Unsure
About Emotions	“Crying is weakness.”	Childhood environment	☐ Yes ☐ No ☐ Unsure

Complete the full *Worksheet* on the pages 155 -156. Use additional space to expand on one belief you want to challenge or rewrite.

BELIEF MAPPING WORKSHEET

What messages did I receive about emotions and food growing up?

Rewriting Limiting Beliefs: “If I Could Speak to My Younger Self...”

Choose one belief or story that has caused pain or limited your growth. Write a compassionate letter to your younger self who adopted that belief.

Example: *“Dear 12-year-old me, I know you felt like you had to be thin to be loved. That message wasn't true then, and it isn't true now...”*

COGNITIVE DISTORTION TRACKER

Noticing black-and-white thinking about food or worth

Why This Matters: Cognitive distortions are unhelpful thought patterns that warp how we see ourselves, food, and the world. When it comes to eating and body image, one of the most common distortions is **black-and-white thinking** (also called all-or-nothing thinking).

Example:

- "I ate one cookie, I've ruined the whole day."
- "I was 'good' yesterday, but today I blew it, I'll never change."
- "I'm either in control or I'm failing."

These thought patterns can trigger emotional eating, guilt, shame, or restriction. Learning to recognize and reframe them is a powerful tool for healing and growth.

Take a moment to fill out the *Tracker* on page 29 to track moments where rigid, extreme, or shame-based thoughts appear around food, body image, or self-worth.

These mental shortcuts often develop in early life or through repeated experiences of stress, shame, or trauma. When left unchecked, they shape our behaviors, especially in our relationship with eating, body image, and emotional regulation.

Use the list on the pages 30-32 to help label distorted thoughts as they arise, not to judge yourself, but to bring awareness and create space for change.

COGNITIVE DISTORTION TRACKER

Date	Situation or Trigger	Thought I Noticed	Cognitive Distortion(e.g., all-or-nothing, labeling,	Emotion Felt	Reframed Thought

COGNITIVE DISTORTION TRACKER

Noticing black-and-white thinking about food or worth

ALL-OR-NOTHING THINKING

Seeing things in extremes as completely good or bad, success or failure.

Example: "I broke my diet, so I might as well binge."

Try instead: "One moment doesn't define the whole day."

OVER-GENERALIZATION

Using one experience to make a broad, negative conclusion.

Example: "I overate once, so I'll always lose control."

Try instead: "One moment of difficulty doesn't erase my progress."

MENTAL FILTERING

Focusing only on the negative parts and ignoring the positives.

Example: "I felt bloated after dinner, I never feel good in my body."

Try instead: "That was one uncomfortable moment; my body also feels strong when I nourish it."

DISCOUNTING THE POSITIVE

Downplaying achievements or strengths.

Example: "Sure, I ate mindfully, but that doesn't count because I still wanted dessert."

Try instead: "Noticing my needs without judgment is a win."

COGNITIVE DISTORTION TRACKER

Noticing black-and-white thinking about food or worth

CATASTROPHIZING

Expecting or assuming the worst will happen.

Example: "If I eat one cookie, I'll lose all control and gain weight."

Try instead: "One food choice is not a crisis, it's just a choice."

LABELING

Assigning harsh names or identities to yourself based on behavior.

Example: "I'm disgusting for eating that much."

Try instead: "I had a hard moment. That doesn't make me bad."

PERSONALIZATION

Blaming yourself for things outside your control or assuming others are judging you.

Example: "They looked at me funny. They must think I'm unhealthy."

Try instead: "I don't know what they were thinking. What matters is how I feel."

SHOULD STATEMENTS

Using rigid rules that generate guilt or shame.

Example: "I should never eat late at night."

Try instead: "Sometimes my body needs nourishment at different times."

COGNITIVE DISTORTION TRACKER

Noticing black-and-white thinking about food or worth

EMOTIONAL
REASONING

Believing something is true just because it feels true.

Example: “I feel out of control, so I must be out of control.”

Try instead: “Feelings aren’t facts, they’re messengers.”

MIND
READING

Assuming you know what others are thinking.

Example: “They think I look terrible because I’m eating this.”

Try instead: “Their thoughts are unknown, my needs are valid.”

FOOD & FEELING DIARY

Track emotional eating patterns over a week - no judgment, just observation.

Why This Matters: Emotional eating is not a flaw or failure , it's a coping strategy. This diary is not about judging yourself or restricting behavior. It's about **slowing down, paying attention, and gently noticing** the ways your emotions and eating habits are connected.

By tracking your food alongside your feelings, you can begin to see patterns that were once automatic. You may discover that you reach for food when you're overwhelmed, disconnected, or simply tired. Or that certain environments, people, or thoughts consistently lead to cravings.

This is not about is not about counting calories or controlling intake. It is about building **awareness without shame**. Every entry is an act of self-discovery, not self-criticism. Think of this as a **map**, not a scorecard.

How to Use This Diary: Use one page per day for a full week; Fill it out shortly after meals or episodes of emotional eating; Focus on what was happening emotionally rather than what you ate “right or wrong”; Highlight or underline any emerging themes or triggers at the end of the week.

Take a moment to fill out the *Diary* on pages 157-158.

End-of-Day Reflection

Did I notice any eating driven more by emotion than physical hunger?

YES	NO
☐	☐

FOOD & FEELING DIARY

Track emotional eating patterns over a week - no judgment, just observation.

If yes, what emotion(s) were present?

After tracking for several days, ask:

- Are there **times of day** where emotional eating is more likely?
- Are specific **feelings** (stress, loneliness) consistently showing up?
- What **non-food needs** are going unmet?

Use this space to jot down your insights:

REWRITING THE INNER NARRATIVE PROMPT

If my relationship with food could speak, what would it say?

We all carry a story, sometimes inherited, sometimes built through experience about who we are in relation to food, our bodies, and our emotions. And like any story repeated often enough, it begins to feel like truth.

Maybe your inner narrative whispers: *“I have no control,”* or *“Food is the only thing that comforts me,”* or *“I’m never enough.”* These beliefs may run in the background, influencing your choices and your self-worth.

But here's the truth:

Stories can be rewritten.

And the first step in rewriting them is listening.

This prompt invites you to step back from judgment and tune in to the voice of your current relationship with food, not to fix it, but to understand it.

Imagine that your food relationship had a voice, a character, even a personality. What would it say? Is it protective, angry, lonely, exhausted, or wise? Is it trying to help you, even if in a misguided way? You may be surprised at what you hear when you give it space to speak.

Set aside quiet time. You might even close your eyes and imagine food speaking to you, as if it were an old friend, a rebellious teenager, or a wise inner guide.

This exercise helps you:

- **Access deeper emotional insight** into how food has functioned in your life story, not just as nourishment, but as communication, coping, or protection.
- **Begin the process of rewriting** the old narrative, not by forcing change, but by listening deeply.

If my relationship with food could speak, what would it say?

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LEGACY REFLECTION PROMPT

What patterns am I ready to break or reclaim for future generations?

Whether we realize it or not, we all carry legacies: unspoken rules, generational stories, and inherited beliefs about food, bodies, emotions, and worth. Some are nourishing traditions worth cherishing. Others are burdens: cycles of shame, silence, or survival that no longer serve us.

This prompt invites you to step into a conscious role as a **cycle-breaker** or **legacy-keeper**, choosing what ends with you and what is worth passing on. It is an act of courage, clarity, and compassion, not just for yourself, but for those who come after you.

*“You do not have to pass down the pain you were handed.
You can pass down presence, wisdom, and a new way of being.”*

Use the space below to explore these prompts. Let your thoughts unfold honestly, this is not about blame or perfection, but about awareness and agency.

1. WHAT FOOD/BODY/EMOTIONAL PATTERNS DID I INHERIT?

Think about messages, rituals, silences, or struggles passed down in your family.

LEGACY REFLECTION PROMPT

What patterns am I ready to break or reclaim for future generations?

2. WHICH OF THESE PATTERNS DO I WANT TO BREAK?

What cycles or beliefs do you not want to carry forward, even if they were once “normal”?

3. WHAT DO I WANT TO RECLAIM OR REIMAGINE?

Are there cultural, emotional, or body-based traditions you want to bring back, in a more joyful or authentic form?

LEGACY REFLECTION PROMPT

What patterns am I ready to break or reclaim for future generations?

4. WHAT KIND OF EMOTIONAL LEGACY DO I WANT TO LEAVE?

If a child, niece, godchild, or future self asked you what it means to be in relationship with food, body, or emotion, what would you hope they learn?

CLOSING STATEMENT (WRITE YOUR OWN)

Write it in your own words:

“The legacy I am creating is one of...”

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CHAPTER

03

THE BODY REMEMBERS: TRAUMA,
NERVOUS SYSTEM, AND SOMATIC
HEALING

SOMATIC GROUNDING PRACTICES
BODY CLUES LOG
GROUNDING PRACTICE
POLYVAGAL LADDER WORKSHEET

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03 THE BODY REMEMBERS

Our bodies carry stories even when our minds can't recall the words. Before we learned to speak, our nervous systems were already forming impressions of safety, danger, connection, and disconnection. This part of the workbook invites you to explore how your body remembers, not just events, but emotional patterns, protections, and adaptations shaped over time.

Sometimes, eating behaviors that seem confusing, numbing out, bingeing, restricting are actually intelligent responses from a nervous system doing its best to self-regulate.

They are not character flaws; they are coping strategies.

When we begin to gently tune into the body, we open the door to a deeper kind of healing, one that doesn't rely solely on thoughts, but on felt sense, presence, and compassionate awareness. This isn't about controlling the body, it's about learning to listen to it.

Healing starts not with a demand, but with an invitation: *"Body, I'm here. I'm listening."*

SOMATIC GROUNDING PRACTICES

Step-by-step breathwork, self-touch, movement.

When you feel overwhelmed, anxious, numb, or out of control, it's often because your nervous system is reacting to a perceived threat, even if that "threat" is emotional. Somatic grounding practices help bring you back into your body and the present moment. They don't require overthinking, just sensation, rhythm, and breath.

These tools are simple, portable, and powerful. They teach your body what *safety* feels like. And from safety, healing becomes possible.

PRACTICE 1: BREATHWORK – THE 4-2-6 RESET

This calming breathing pattern tells your nervous system, "It's okay to slow down now."

Step-by-Step:

1. Sit or lie down in a comfortable position.
2. Place one hand on your chest and one on your belly.
3. Inhale through your nose for 4 counts.
4. Hold the breath gently for 2 counts.
5. Exhale slowly through your mouth for 6 counts (like blowing out a candle).
6. Repeat for 3–5 cycles.

SOMATIC GROUNDING PRACTICES

Step-by-step breathwork, self-touch, movement.

PRACTICE 2: SELF-TOUCH FOR SAFETY

Gentle touch can signal to your brain and body that you are safe, loved, and held, especially when emotional pain surfaces.

Butterfly Hug (bilateral tapping)

1. Cross your arms over your chest.
2. Place your fingertips just below your collarbones, like a wings.
3. Gently tap left–right–left–right in a slow, steady rhythm.
4. Breathe naturally as you tap for 1–2 minutes.

Holding Anchors

1. Gently press your palms together or place them flat against your thighs.
2. Hold your own hand or place a hand over your heart.
3. Apply gentle pressure to your shoulders, thighs, or forearms.

SOMATIC GROUNDING PRACTICES

Step-by-step breathwork, self-touch, movement.

PRACTICE 3: MOVEMENT TO SETTLE AND SHIFT

Movement helps your body metabolize stress, release stored tension, and restore a sense of agency.

Swaying or Rocking

1. Stand or sit comfortably.
2. Gently sway side to side like a tree in the wind.
3. Let your arms hang loosely or wrap them around yourself.
4. Continue for 30 seconds to 1 minute.

Neck and Shoulder Roll

1. Inhale and lift your shoulders toward your ears.
2. Exhale and release them down.
3. Slowly roll your neck in a gentle circle.
4. Repeat 3–5 times.

Grounding Step-Tap

1. Stand with feet hip-width apart.
2. Shift your weight slowly from one foot to the other.
3. Tap one foot lightly in front, then return to standing.
4. Alternate and match the rhythm with your breath.

BODY CLUES LOG

Daily prompts for tuning into physical sensations.

Your body speaks in sensations long before it forms thoughts. Whether it's a tight chest, a fluttering stomach, or a heavy sense of fatigue, these physical signals hold valuable information about your emotional landscape, especially when it comes to your relationship with food.

Learning to notice your **“body clues”** builds interoceptive awareness, the ability to sense your internal state. This awareness is a foundation for self-regulation, emotional clarity, and breaking reactive patterns with food.

Use the log once per day, ideally before or after a meal, or during a moment of emotional intensity. Simply write what you notice without trying to change anything. Over time, patterns may emerge that reveal emotional or physical triggers, needs, and shifts in your nervous system.

You can begin by filling in Body Clues Log on page 48.

Please find more templates for Body Clues Log on the pages 159-161.

BODY CLUES LOG

Daily prompts for tuning into physical sensations.

DATE:	TIME:	BEFORE EATING EMOTIONAL MOMENT:
-------	-------	------------------------------------

1. What physical sensations do I notice right now?

(e.g., tight jaw, clenched stomach, heavy limbs, light chest, buzzing arms)

2. Where in my body do I feel it most strongly?

(e.g., shoulders, gut, throat, hands)

3. Can I name the emotion that might be connected to this sensation?

(e.g., sadness, relief, anger, shame, fear, confusion)

4. What do I need right now?

(Consider rest, connection, movement, space, reassurance, nourishment)

5. One word to describe my current state:

GROUNDING PRACTICE

Instructions for 5-4-3-2-1 grounding and orienting to the present moment.

	<i>things you can</i> SEE	05
	<i>things you can</i> TOUCH	04
	<i>things you can</i> HEAR	03
	<i>things you can</i> SMELL	02
	<i>things you can</i> TASTE	01

GROUNDING PRACTICE

Instructions for 5-4-3-2-1 grounding and orienting to the present moment.

When emotions feel overwhelming or eating urges strike suddenly, your nervous system may be moving into survival mode - fight, flight, or freeze. In these moments, grounding can be a powerful way to regulate your body, calm your mind, and return to your sense of self.

The **5-4-3-2-1 technique** is a structured, easy-to-remember exercise that uses your five senses to help you reorient to the now, where safety, choice, and clarity live.

You don't need to fix the feeling. You just need to return to this moment.

This practice is especially helpful during:

- Intense cravings
- Emotional flooding or numbing
- Moments of anxiety, panic, or stress
- Post-meal guilt or spirals

Take a deep breath, and slowly observe the following:

5 THINGS YOU CAN SEE

Look around and name five distinct things you can visually identify.

E.g. The lamp on my desk. A tree outside. My notebook.

GROUNDING PRACTICE

Instructions for 5-4-3-2-1 grounding and orienting to the present moment.

4 THINGS YOU CAN TOUCH

Bring awareness to four different textures or physical sensations.
E.g. My warm mug. The smooth desk.
My soft sweater.

3 THINGS YOU CAN HEAR

Listen carefully and note three sounds in your environment.
E.g. Birdsong. Distant traffic. My breath.

2 THINGS YOU CAN SMELL

Notice two scents around you or recall a comforting one.
E.g. Coffee in the air. My lotion.

1 THING YOU CAN TASTE

Tune in to one taste, even if it's just the aftertaste in your mouth.
E.g. Mint from my tea. Toothpaste. Or a sip of water.

After the Practice: place one hand over your heart or belly. Take another slow breath. Say to yourself:

“I am here. I am safe enough in this moment.”

POLYVAGAL LADDER WORKSHEET

Where am I today on the nervous system ladder

**SAFE &
SOCIAL**

Ventral Vagal State

- *Calm, connected, open*
- *Engaged with the world*
- *Capable of choice*
- *Curious and compassionate*

TOP

MOBILIZED

Sympathetic State

- *Anxious, restless, irritable*
- *Overwhelmed, driven to act*
- *Hyper-focused or scattered*

MIDDLE

**SHUT
DOWN**

Dorsal Vagal State

- *Numb, disconnected*
- *Hopeless or frozen*
- *Tired or withdrawn*

BOTTOM

POLYVAGAL LADDER WORKSHEET

Where am I today on the nervous system ladder

"Where am I today on the nervous system ladder?"

Your nervous system is constantly scanning for cues of safety or danger, often without your conscious awareness. **The Polyvagal Theory**, developed by Dr. Stephen Porges, offers a helpful “ladder” metaphor to understand how your body responds to stress, connection, and regulation.

By learning to recognize where you are on the ladder, you gain insight into how your emotions, thoughts, and food behaviors may be shaped by your physiological state, not just willpower or mood. Once you know your state, you can gently support your body to climb back toward safety and connection.

The Three Rungs of the Ladder - Use the descriptions below to identify your current state:

01 TOP - SAFE & SOCIAL (Ventral Vagal State)	
Body Signals: • Steady breath • Relaxed muscles • Grounded posture	Possible Eating Experience: • Able to enjoy food slowly • Eat with awareness and satisfaction • Can pause and stop without distress
↓	
02 MIDDLE - MOBILIZED (Sympathetic State)	
Body Signals: • Tight chest, racing heart • Shallow breath • Tension in jaw, shoulders, stomach	Possible Eating Experience: • Fast or mindless eating • Cravings for quick energy (sugar, carbs) • Using food to numb or distract
↓	
03 BOTTOM - SHUT DOWN (Dorsal Vagal State)	
Body Signals: • Heavy limbs • Blank mind • Slowed movements or blank stare	Possible Eating Experience: • Skipping meals or not noticing hunger • Eating in a fog or feeling out of body • Using food to feel something

POLYVAGAL LADDER CHECK - IN

1. WHAT RUNG AM I ON RIGHT NOW?

☐

Top – Safe & Social

☐

Middle – Mobilized

☐

Bottom – Shut Down

2. WHAT BODY SIGNALS LED ME TO THIS CONCLUSION?

3. WHAT EMOTION OR THOUGHT IS MOST PRESENT?

4. WHAT MIGHT HELP ME SHIFT ONE RUNG UPWARD?

CHAPTER

04

REWRITING THE STORY:
INTEGRATION OF NEW IDENTITY
AND BEHAVIORS

NEW STORY TEMPLATES
VALUES CLARIFICATION WORKSHEET
IDENTITY INTEGRATION JOURNAL
"FUTURE SELF" VISUALIZATION EXERCISE

VIRTUALIBRY

VIRTUALIBRY

VIRTUALIBRY

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VIRTUALIBRY

04 REWRITING THE STORY

There comes a moment on every healing journey when we realize:

We are no longer just revisiting the past. We are now *rewriting the future*.

This part of the workbook invites you to take the pen into your own hands, not to erase what came before, but to integrate it with wisdom, choice, and compassion. You've named the patterns, listened to the body's signals, and softened the edges of old beliefs. Now, the focus shifts to *who you are becoming*.

Rewriting your story is not about perfection. It's not about never struggling again. It's about returning to yourself with greater clarity, deeper alignment with your values, and a stronger sense of internal safety. In this space, food becomes nourishment instead of noise.

Emotions become signals instead of threats. And you become the author of a new, more connected narrative.

You don't need to wait for some "final" version of yourself to live differently. The future is being shaped with every act of self-kindness, every pause before reacting, and every moment you choose presence over pattern.

"I am not what happened to me. I am who I choose to become." - Carl Jung

In the pages ahead, you'll be invited to reflect on your evolving beliefs, clarify what truly matters to you, envision the future self you're stepping into, and integrate your new story, one rooted in compassion, truth, and emotional safety.

Let's begin writing the next chapter.

NEW STORY TEMPLATES

“I used to think __, now I believe __.”

As you begin to integrate your healing, it's time to examine the old beliefs that once shaped your relationship with food, emotions, and your body. These beliefs may have been inherited, internalized, or formed during moments of emotional survival. But they are not your destiny.

This exercise invites you to step into a more empowered narrative, not by denying the past, but by *honoring your growth and shifting your lens*. Language has power. When you reshape your inner dialogue, you begin to reshape your life.

“Every time I change the story I tell myself, I change who I become.”

Use the space below to write multiple versions of the sentence:
(Be honest. Be compassionate. Let this be messy and real).

I USED TO THINK

NOW I BELIEVE

You can use this for: Food rules and eating behaviors; Body image and worth; Emotional expression and needs; Control, failure, or identity

NEW STORY TEMPLATES

EXAMPLES TO INSPIRE YOU

OLD THOUGHT

- 
- I used to think I was weak for emotional eating.
 - I used to think food was the enemy.
 - I used to think feeling was dangerous.
 - I used to think I had to earn rest or food.

NEW BELIEF

- 
- Now I believe my eating was a way I coped when I had no other tools.
 - Now I believe food can be a partner in healing.
 - Now I believe my emotions are messengers, not threats.
 - Now I believe I deserve nourishment simply because I exist.

VALUES CLARIFICATION WORKSHEET

What truly matters to me beyond food and body?

When food and body struggles take center stage, they often crowd out what we care about most: connection, creativity, freedom, purpose, joy. Healing means widening the lens. This worksheet helps you realign your life with your **core values**, those guiding principles that bring meaning and direction.

Clarifying your values doesn't just shift your mindset, it changes your relationship with food. When you act in line with your values, you build trust with yourself. And when you nourish your values, you may notice the urge to over-control food begin to soften.

"Values are like a compass, they don't tell you where you are, but they help you decide where to go."

Step 1: Explore Value Themes

Review the list below. Circle or highlight words that resonate with you, not what you think you *should* value, but what genuinely feels meaningful.

RELATIONSHIPS

- ☐ Intimacy
- ☐ Trust
- ☐ Belonging
- ☐ Family
- ☐ Friendship

PERSONAL GROWTH

- ☐ Courage
- ☐ Healing
- ☐ Learning
- ☐ Creativity
- ☐ Spirituality

VALUES CLARIFICATION WORKSHEET

What truly matters to me beyond food and body?

FREEDOM & AUTONOMY

- ☐ Independence
- ☐ Flexibility
- ☐ Self-expression
- ☐ Adventure
- ☐ Simplicity

CONTRIBUTION

- ☐ Helping others
- ☐ Advocacy
- ☐ Leadership
- ☐ Justice
- ☐ Kindness

JOY & PLAY

- ☐ Laughter
- ☐ Pleasure
- ☐ Fun
- ☐ Spontaneity
- ☐ Beauty

VALUES CLARIFICATION WORKSHEET

What truly matters to me beyond food and body?

Step 2: Reflective Prompts

a) The values I circled that feel most alive right now are:

b) A moment I felt aligned with my values was:

c) When I'm struggling with food or emotions, I want to remember that what matters most to me is:

Step 3: Values in Action

Pick **two core values** you want to nourish more intentionally. For each, answer:

VALUE	HOW CAN I HONOR THIS VALUE THIS WEEK?

IDENTITY INTEGRATION JOURNAL

Who am I becoming as I heal my relationship with food?

As your beliefs shift and your patterns soften, something deeper is quietly unfolding: you are stepping into a new identity - one that isn't defined by restriction, shame, or emotional overwhelm. This journal is a space to explore that evolving self.

Healing your relationship with food isn't just about changing what's on your plate. It's about becoming the kind of person who feels safe with nourishment, present with emotions, and aligned with their true values. This is where lasting change takes root, not in willpower, but in identity.

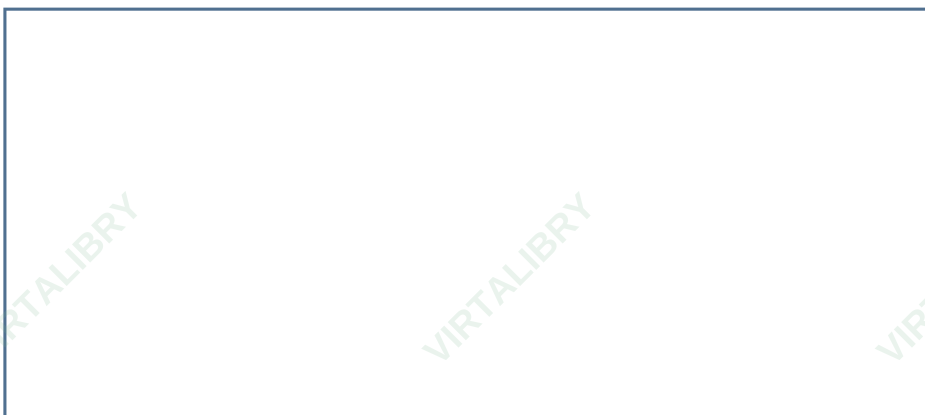
"When you see yourself differently, you show up differently."

This journaling practice helps integrate the new self-perceptions you're cultivating, so you don't just do healing, you begin to *embody* it.

Take your time with each prompt. Let your words flow freely. There's no right or wrong, only truth in the moment. Revisit these prompts monthly. As your identity continues to evolve, your answers may shift.

1. If I'm no longer the person who uses food to numb or control, who am I becoming instead?

Write without editing. Let your future self speak through you.

A large, empty rectangular box with a thin blue border, intended for the user to write their journal entry in response to the prompt above.

IDENTITY INTEGRATION JOURNAL

Who am I becoming as I heal my relationship with food?

2. The parts of myself I'm reclaiming are...

(Ex: my creativity, my voice, my softness, my strength)

A large, empty rectangular box with a thin blue border, intended for the user to write their response to question 2.

3. The way I talk to myself is changing from... to...

(Ex: From "What's wrong with you?" → "You're learning, and that matters.")

A large, empty rectangular box with a thin blue border, intended for the user to write their response to question 3.

IDENTITY INTEGRATION JOURNAL

Who am I becoming as I heal my relationship with food?

4. When I imagine a day where I feel safe with food and emotions, I...

(Describe what you think, feel, do, and how you carry yourself.)

A large, empty rectangular box with a thin blue border, intended for the user to write their response to question 4.

5. One way I’ve already become more aligned with the person I want to be is...

(Celebrate even small shifts. They matter.)

A large, empty rectangular box with a thin blue border, intended for the user to write their response to question 5.

"FUTURE SELF" VISUALIZATION EXERCISE

Imagine a day in the life of your future self who feels safe with food and emotions.

Visualization is a powerful way to bring healing into the present. By imagining yourself as already living in alignment with your values and inner safety, you create a blueprint the body and brain can begin to trust.

Your *future self* isn't a fantasy, it's a version of you that already exists within, waiting to be lived into. This exercise allows you to connect to that version of yourself with clarity and compassion.

"You don't become something by trying harder, you become it by seeing yourself already there."

Find a quiet space. Sit comfortably or lie down. Gently close your eyes. Take a few slow, deep breaths. Now begin to imagine...

A Day in the Life of My Future Self

- | | |
|---|---|
| A | <i>It's morning. You wake up. What do you feel in your body?
What's the first thought you have?</i> |
| B | <i>How does your body feel: rested, tense, grounded?</i> |
| C | <i>What do you eat, and how do you decide?
Is there ease in your choice? Gratitude? Curiosity?</i> |
| D | <i>How do you move through your day: at work, with family, alone?
What emotional tone colors your interactions?</i> |
| E | <i>When emotions arise: stress, sadness, joy, how do you respond?
What's different now?</i> |
| F | <i>How do you relate to food throughout the day?
Do you notice hunger and fullness? Do you allow pleasure?</i> |
| G | <i>When challenges arise, what helps you stay regulated or return to calm?</i> |
| H | <i>As evening comes, how do you reflect on your day?
What are you proud of? What do you gently release?</i> |
| I | <i>Before bed, what do you say to yourself?
How do you feel in your skin, your heart, your mind?</i> |

Imagine a day in the life of your future self who feels safe with food and emotions.

A Day in the Life of My Future Self:

VIRTUALIBRY

VIRTUALIBRY

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CHAPTER

05

BOUNDARIES, BELONGING, AND
EMOTIONAL SAFETY: SAFE
CONNECTIONS AND HEALING IN
RELATIONSHIP DYNAMICS

SUPPORT CIRCLE MAPPING
BOUNDARY SCRIPT BUILDER
EATING WITH OTHERS REFLECTION LOG
SELF-PROTECTION VS. CONNECTION PROMPT

VIRTUALIBRY

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05

BOUNDARIES, BELONGING, AND EMOTIONAL SAFETY

Healing your relationship with food rarely happens in isolation. Our patterns around eating, self-worth, and emotional expression are deeply influenced by the relationships we grew up with and the ones we navigate today. The stories we carry around food often include unspoken contracts: people-pleasing at the dinner table, hiding cravings to avoid judgment, or eating in secret because it feels safer than being seen.

This part of your journey is about honoring your need for safety, clarity, and connection, not just within yourself, but in the spaces and relationships that surround you.

As you grow, your healing may feel unfamiliar or even threatening to others who are used to the “old version” of you. That’s where boundaries come in, not walls to push others away, but loving containers that protect your growth.

You’ll explore how to:

- Recognize when a relationship or situation triggers dysregulation or food-related coping
- Clarify what safety and emotional availability look like for you
- Set boundaries without guilt
- Create space for authentic belonging, not the kind that requires shrinking or pretending

“Belonging doesn’t mean fitting in. It means being accepted in your wholeness, even as you change.”

SUPPORT CIRCLE MAPPING

Who helps me feel emotionally safe around food and body?

Emotional safety isn't just an internal experience, it's also shaped by the people we surround ourselves with. When it comes to healing your relationship with food and your body, the company you keep matters.

Some people might affirm your growth, listen without judgment, and celebrate your progress. Others, even unintentionally, may reinforce old patterns, criticize your choices, or trigger self-doubt.

This exercise is designed to help you identify your true support system: the individuals, groups, or spaces that help you feel grounded, heard, and respected as you shift away from harmful narratives.

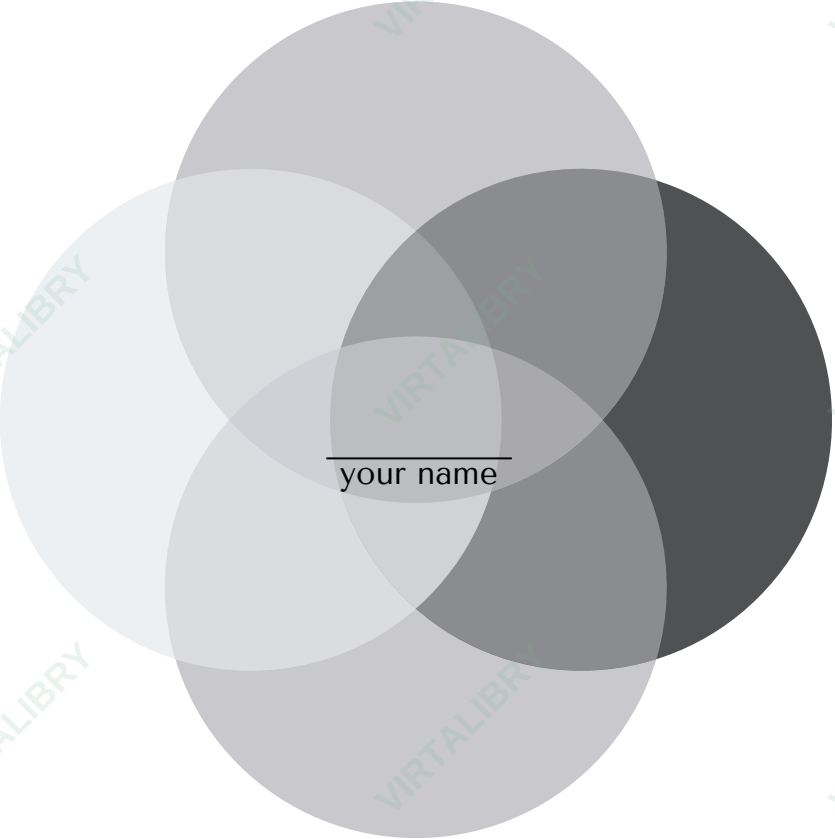
"I am allowed to choose relationships that nourish me."

Support Circle Mapping Instructions

1. Draw a circle in the center of the page. Write your name inside - this is you.
2. Around the circle, begin adding names of people or groups in your life.
3. Use proximity to represent closeness or emotional safety:
Place supportive, safe people closer to your name.
Place those who feel emotionally unsafe or draining farther away.
4. You may also color-code or label with keywords like:
"Safe", "Neutral", "Triggering", "Still unfolding".

SUPPORT CIRCLE MAPPING

Who helps me feel emotionally safe around food and body?



Take It Deeper: Relationship Inventory

Fill in the table below after mapping your circle. Be honest and compassionate.

- *What did you notice while doing this?*
- *Were there any surprises or moments of grief, clarity, or gratitude?*
- *Are there conversations, boundaries, or distance you need to honor?*
- *Where can you lean in to support more fully?*

RELATIONSHIP INVENTORY

Name/Group	Supportive Behaviors	Challenging Behaviors	Emotional Impact on Me	Boundary Needed or Affirmed

BOUNDARY SCRIPT BUILDER

When someone comments on my eating/body, I can say...

Setting boundaries doesn't make you rude, defensive, or selfish, it makes you **safe**.

When someone makes an unsolicited comment about your food, body, or lifestyle, it can instantly activate shame, anger, or confusion. In these moments, it's easy to freeze, fawn, or shrink, especially if you weren't taught that **your voice is allowed**.

This exercise empowers you to create **pre-scripted responses** that you can practice ahead of time, so you feel more grounded and confident in the moment. These scripts are not confrontational, they are tools of clarity, protection, and self-respect.

"My boundaries are bridges to safety, not walls of separation."

Use the sentence starters and examples below to craft statements that feel natural to **your voice and personality**. You don't have to say them perfectly, just with intention and self-trust.

If someone comments on your food choices...

YOU CAN SAY:

- "I'm focusing on what feels good in my body right now."
- "I appreciate your concern, but I'm honoring my own choices."
- "Let's talk about something other than food."
- "I've learned not to label foods as good or bad, it's been freeing."

YOUR VERSION:

BOUNDARY SCRIPT BUILDER

When someone comments on my eating/body, I can say...

If someone makes a comment about your body...

YOU CAN SAY:

- "I don't talk about bodies, mine or anyone else's."
- "My body isn't up for discussion."
- "I'm focusing on how I feel, not how I look."
- "I'd love if we could change the subject."

YOUR VERSION:

If you want to express a limit with kindness...

YOU CAN SAY:

- "I know you mean well, but I'm working on a new relationship with food."
- "This is a sensitive topic for me, and I'd rather not go into it."
- "Thanks, but I've got this covered."
- "That's not helpful for me right now."

YOUR VERSION:

BOUNDARY SCRIPT BUILDER

When someone comments on my eating/body, I can say...

Closing Reflection

- What's the hardest part about setting boundaries for you?
- What physical sensations do you notice when a boundary is crossed?
- What helps you come back to calm after holding your ground?

JOURNAL SPACE

Tip: Practice these aloud or with a trusted friend. The more you rehearse, the easier it becomes to protect your peace in real time.

EATING WITH OTHERS REFLECTION LOG

Track your experience of meals in social contexts.

Eating with others can be joyful, but for many who are healing their relationship with food and body, it can also bring up anxiety, self-consciousness, or a sense of pressure.

You may find yourself eating differently when you're not alone: restricting, overeating, pretending not to care, or shrinking to avoid judgment. Social meals can stir old stories: "I have to be polite," "I shouldn't eat more than them," or "Everyone is watching me."

This reflection tool helps you become aware, without judgment, of how your eating experience shifts in the presence of others. The goal is not to fix or perform, but to understand what you need to feel safe, authentic, and nourished.

"I can belong at the table as my full, healing self."

After eating a meal or snack with others, take 5–10 minutes to reflect using the prompts below. You can use the log daily, or just for moments that felt especially charged or meaningful.

find more templates on the pages 162–164.

Remember: It's okay if social meals feel complicated. You're unlearning patterns that once helped you survive and you're learning to show up as your whole self. Each meal is an opportunity to practice presence and permission.

"I am allowed to eat, enjoy, and belong, even in the company of others."

EATING WITH OTHERS REFLECTION LOG

Date	Where and with whom did I eat?	What did I eat (briefly)?	What thoughts came up?	How did I feel in my body?	Did I feel free to eat what I wanted?	Did I censor or edit myself?	What would I want next time?

SELF-PROTECTION VS. CONNECTION PROMPT

How can I stay true to myself while staying connected to others?

Many of us were taught, implicitly or explicitly, that to stay connected, we had to abandon ourselves.

We learned to people-please, minimize our needs, or go silent around food and feelings in order to avoid conflict, rejection, or shame. But healing asks something new of us: to learn how to stay in relationship without leaving ourselves behind.

This prompt invites you to explore how to hold both truths:

- Your right to honor your healing and boundaries, and
- Your desire for genuine connection and belonging.

There is a middle path between isolation and self-abandonment and your nervous system can learn to walk it with practice.

“I can protect my truth and stay connected. I no longer have to choose one over the other.”

Use the space below to journal honestly. There are no right or wrong answers, only opportunities to notice, reflect, and grow.

a. In what situations do I tend to abandon myself to maintain peace or connection?

SELF-PROTECTION VS. CONNECTION PROMPT

How can I stay true to myself while staying connected to others?

b). What emotions or fears come up when I speak my truth around food, boundaries, or emotions?

c) What does 'self-protection' look like in my current relationships?

d) What does true 'connection' feel like in my body? How do I know when it's real and safe?

e) How can I begin to stay grounded in myself and open to others, especially during meals, conversations, or emotionally charged moments?

SELF-PROTECTION VS. CONNECTION PROMPT

How can I stay true to myself while staying connected to others?

Integration Practice: The “Both-And” Statement

Craft a sentence that helps you hold both your inner truth and your desire for connection:

“I can _____ and still stay
connected to _____.”

Examples:

- “I can say no to diet talk and still stay connected to my sister.”
- “I can honor my hunger and still feel at home with my friends.”
- “I can ask for space and still be in this relationship.”

Now write your own:

Remember: connection that requires self-erasure isn’t true connection.
Your voice, body, and truth matter in every relationship you’re in.

CHAPTER

06

BUILDING A NEW RELATIONSHIP
WITH FOOD: MINDFUL EATING,
HUNGER/FULLNESS CUES, AND BODY
TRUST

RECLAIMING HUNGER
THE FULLNESS SPECTRUM
EATING WITHOUT RULES
MINDFUL BITES
THE BODY AS ALLY
CRAVING WITH CURIOSITY

VIRTUALIBRY

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06

BUILDING A NEW RELATIONSHIP WITH FOOD

For many of us, our relationship with food has been shaped by rules, restriction, shame, or confusion. We've been taught to fear hunger, override fullness, moralize meals, or ignore the body's natural wisdom in favor of external control. In this part of your journey, we begin the gentle, empowering work of rewriting that relationship, not with force or perfection, but with curiosity, compassion, and care.

Building a new relationship with food means returning to the truth that your body is not your enemy. It knows how to guide you, toward hunger, toward enough, toward nourishment. But like any relationship that's been wounded, rebuilding trust takes time. It requires listening, patience, and presence.

Here, you will explore the practice of **mindful eating**, not as a rigid set of steps, but as an invitation to slow down, notice, and reconnect. You'll learn to identify what hunger feels like in your body, how fullness shows up, and what your cravings might really be asking for. You'll also practice savoring food, honoring satisfaction, and letting go of the need to label foods as "good" or "bad."

"Instead of trying to control your body through food, try caring for your body with food."

RECLAIMING HUNGER

What Does It Mean to Be Physically Hungry?

Hunger is one of the most natural signals your body gives, and yet for many, it's also one of the most misunderstood or mistrusted. Years of dieting, disordered eating, emotional suppression, or cultural messaging may have taught you to ignore or override your hunger, to fear it, or to see it as a sign of weakness or failure.

This exercise invites you to **reclaim hunger** not as a problem, but as a profound form of communication from your body. Physical hunger is not the enemy; it is a biological and intuitive nudge toward nourishment and care.

Before we can eat mindfully, we have to recognize hunger, not just in our stomach, but as a full-body experience. Use this journaling space to reflect on your current relationship with hunger.

- What sensations signal hunger to you? (Growling stomach? Light-headedness? Irritability?)
- Are you comfortable with feeling hunger? Why or why not?
- How did your childhood experiences influence how you respond to hunger?

Journal here

THE FULLNESS SPECTRUM

Learning When Enough Is Enough.

If hunger is the body's invitation to begin eating, fullness is its gentle signal to pause, slow down, or stop. Yet for many of us, the ability to feel and honor fullness has been dulled, not by lack of intelligence, but by a lifetime of mixed messages, emotional distractions, and chronic disconnection from the body's wisdom.

Fullness isn't a fixed point, it exists on a spectrum. It can range from lightly satisfied to uncomfortably stuffed. Learning to identify where you feel best along that spectrum is a practice in attunement, not perfection. This section is about learning to pause, tune in, and ask: How do I feel right now?

You'll explore:

- What fullness feels like physically (warmth in the belly, slowed eating pace, shift in satisfaction)
- How emotions like guilt, anxiety, or fear may cloud your ability to recognize fullness
- The difference between “comfortably satisfied” and “emotionally overfull”

1. The Fullness Spectrum Scale (1–10)

Use this scale before, during, after meals to check in with your body:
(Try pausing around level 5–6. Ask yourself: Do I want more for taste, emotion, or actual hunger?)

SENSATION DESCRIPTION

1

2

3

4

5

6

7

8

9

10

Starving, dizzy, irritable

THE FULLNESS SPECTRUM

Learning When Enough Is Enough.

SENSATION DESCRIPTION

1 2 3 4 5 6 7 8 9 10

Very hungry, stomach growling

1 2 3 4 5 6 7 8 9 10

Hungry, ready to eat

1 2 3 4 5 6 7 8 9 10

Starting to feel satisfied

1 2 3 4 5 6 7 8 9 10

Comfortable and satisfied

1 2 3 4 5 6 7 8 9 10

Slightly full, could stop

1 2 3 4 5 6 7 8 9 10

Full, content, don't need more

1 2 3 4 5 6 7 8 9 10

Too full, heavy, slightly uncomfortable

1 2 3 4 5 6 7 8 9 10

Very full, bloated, sluggish

1 2 3 4 5 6 7 8 9 10

Stuffed, possibly in pain

THE FULLNESS SPECTRUM

Learning When Enough Is Enough.

2. Mid-Meal Pause Prompts

Place a reminder card or sticky note near your eating space with the following questions:

- What number am I on the fullness scale right now?
- How does my body feel (belly, breath, energy)?
- Am I still enjoying the food?
- What emotion is present in this moment?

Reflection Questions:

Did I stop eating when I felt satisfied, or did I eat past fullness? Why?

Was I tuned in to my body's signals, or distracted/emotional?

THE FULLNESS SPECTRUM

Learning When Enough Is Enough.

What supported me in honoring my fullness today?

What could I try differently next time?

This is a *practice*, not a performance. Even just pausing to reflect is a meaningful step toward restoring body trust. You're not aiming for perfection, you're learning the language of your body, one meal at a time.

Visualization Exercise: "Enough Looks Like This"

Close your eyes and imagine yourself finishing a meal feeling satisfied but not stuffed. What does that look like? Feel like?

Jot down 3 words that describe that state for you:

These tools are designed to help you move from automatic or emotional eating into a more embodied, present relationship with your fullness cues. Over time, you'll learn that "*enough*" doesn't mean missing out, it means coming home to balance.

EATING WITHOUT RULES

Letting Go of Food Morality.

Food morality refers to the way people assign moral values “good” or “bad,” “clean” or “dirty” to certain foods or eating behaviors. This labeling often stems from cultural, familial, or societal messages about what “should” or “should not” be eaten.

For example, “healthy” foods are seen as virtuous, while “junk” foods can be viewed as indulgent or even shameful. These moral judgments extend to the person eating the food, affecting self-esteem and identity: “I ate that, so I’m ‘bad’ or ‘undisciplined.’”

When eating is framed by rigid rules and moral judgments, it can trigger anxiety, guilt, and shame around food choices. This emotional burden can contribute to:

- **Disordered eating patterns:** Restriction, bingeing, or obsessive behaviors often develop as coping mechanisms or rebellion against strict rules.
- **Emotional eating:** Using food to soothe negative feelings because eating is tied to self-worth and emotional regulation.
- **Low self-esteem and body dissatisfaction:** Internalizing moral failure about food choices can lead to negative body image and reduced self-compassion.

Eating without rules invites a compassionate, nonjudgmental mindset that recognizes food as nourishment and pleasure, not a moral battleground. This shift:

- Encourages **intuitive eating**, tuning into hunger, fullness, and satisfaction rather than external rules.
- Supports **self-acceptance** by removing shame attached to certain foods or eating occasions.
- Builds **trust in the body** and its signals, fostering a healthier relationship with both food and self.

EATING WITHOUT RULES

Letting Go of Food Morality.

Letting go of food morality involves challenging and reframing deeply ingrained beliefs:

- From “I am good or bad based on what I eat”
→ To “Food is neutral; my worth is not defined by my eating.”
- From “I must avoid certain foods to be healthy or disciplined”
→ To “I can enjoy a variety of foods while caring for my well-being.”

This cognitive shift can reduce anxiety around eating and promote psychological flexibility. Releasing food rules creates space for emotional freedom. Without rigid boundaries, individuals can respond to hunger, cravings, and emotions with kindness and curiosity rather than conflict.

It also fosters resilience: If an “unplanned” eating moment occurs, it’s not a moral failure but an opportunity to reconnect with internal cues and learn.

The moralization of food is often shaped by culture, media, and social circles. Understanding this helps people to:

- Identify external pressures and unrealistic ideals.
- Reclaim personal autonomy over food choices.
- Develop a personalized, flexible, and joyful eating style.

EATING WITHOUT RULES

Letting Go of Food Morality.

The No-Label Meal Challenge

Identify and reframe moral thoughts around food. Practice eating without attaching moral value to food.

Instructions:

- Choose one meal or snack per day for one week.
- Eat it mindfully without labeling it as “healthy” or “unhealthy.”
- Focus on the experience: flavors, texture, satisfaction.
- Afterward, journal:

How did it feel to eat without judgment?

Did anything shift in your emotions or body sensations?

EATING WITHOUT RULES

Letting Go of Food Morality.

De-Moralize Your Pantry

Physically create a space that reflects food neutrality and safety.
Instructions:

- Go through your pantry, fridge, or food journal and notice how you label or categorize foods.
- Remove signs, notes, or language that reinforce guilt (e.g., “cheat day,” “clean eating”).
- Reorganize your kitchen so that variety is celebrated. Allow space for pleasure foods alongside nourishing staples.

This creates an environment that supports psychological safety and balance, not restriction or punishment.

Compassionate Reframes

Practice rephrasing harsh thoughts with neutrality or kindness:

Original Thought	Compassionate Reframe
“I was so bad for eating that dessert.”	“I chose something I enjoyed. That’s okay.”
“I blew my diet today.”	“My body needed nourishment and comfort.”
“I’ll start being good tomorrow.”	“There’s nothing to fix. I can listen now.”

MINDFUL BITES

Savoring with All Five Senses.

In a fast-paced world where multitasking is glorified, eating often becomes a background activity, something we do while driving, scrolling, worrying, or working. This disconnection from the eating experience can lead to a loss of satisfaction, overconsumption, and an unawareness of our body's hunger and fullness cues.

Mindful Bites is a practice that brings us back into the present moment. It invites us to experience each bite of food fully, not just through taste, but by engaging all five senses: **sight, smell, touch, sound, and taste**. This sensual awareness turns eating into a grounding, nourishing ritual.

Rather than focusing on what to eat, mindful eating emphasizes *how* we eat.

Why All Five Senses Matter

Each sense offers a different doorway into presence:

- | | |
|---|--|
| A | Sight helps us appreciate the colors, textures, and beauty of our food, activating pleasure and anticipation. |
| B | Smell awakens memory and appetite, as aroma prepares the digestive system and deepens our sensory experience. |
| C | Touch (both through the fingers and inside the mouth) grounds us in the physical act of eating and enhances textural awareness. |
| D | Sound connects us to the crunch, slurp, or sizzle, reminding us that eating is alive and embodied. |
| E | Taste is the final sense, but often the only one we pay attention to. Yet taste is more vivid and satisfying when it comes after engaging the others. |

By slowing down and intentionally savoring food through the full spectrum of the senses, we reclaim eating as a pleasurable and intimate act, not just a means to fuel or control the body.

MINDFUL BITES

Savoring with All Five Senses.

Mindful eating with the senses can also:

- Reduce** mindless eating and bingeing
- Improve** digestion
- Increase** food satisfaction (so we need less to feel full)
- Help** us tune in to when we've had enough
- Shift** emotional eating from reaction to reflection

Here are several hands-on practices to bring this concept to life.

One Mindful Bite Practice

Slow down and engage deeply with a single bite.

Instructions:

- Take one bite of food and put your fork or spoon down.
- Close your eyes if you feel comfortable.
- Notice:

- How the food feels in your mouth.
- The flavor layers: sweet, salty, umami, bitter, sour?
- How long the flavor lasts.
- How your body responds: salivating, relaxing, tensing?

Repeat for 2–3 more bites. This is especially useful for the first few bites of any meal or snack.

MINDFUL BITES

Savoring with All Five Senses.

Sensation Word Bank

Expand your vocabulary around sensory eating.

Instructions: Use or create a chart with sensory-rich adjectives. When journaling or reflecting, pull words from each category:

Sight: vibrant, glossy, golden, speckled

Smell: smoky, floral, pungent, nutty

Touch: creamy, brittle, slick, gritty

Sound: crispy, bubbling, snapping, sizzling

Taste: tangy, mellow, earthy, zesty

This encourages attunement and emotional nuance in food experiences.

The Senses Gratitude Ritual

Create emotional connection and gratitude through sensory awareness.

Instructions: Before you eat, take 30 seconds to acknowledge each sense:

“I see beauty in this food. I smell the love and effort it carries. I feel the textures in my hands and mouth. I hear the rhythm of eating and presence. I taste nourishment and life.”

This simple ritual helps move from mindless to meaningful eating.

Mindful Bites is not about perfection or slowing down every single meal, it's about **interruption of autopilot** and creating moments of sacred presence with food. When we eat with our senses fully awake, we're not just nourishing the body, we're nourishing our relationship with life.

THE BODY AS ALLY

Relearning Trust in Physical Signals.

For many who have struggled with chronic dieting, emotional eating, disordered eating patterns, or trauma, the body is often experienced not as a trusted guide, but as an enemy, an object to control, or a source of shame. Signals like hunger, fullness, fatigue, and cravings can feel confusing, threatening, or even invisible.

Yet beneath the layers of conditioning, criticism, and fear, the body has always been trying to communicate. It whispers through sensations. It pulses with need. It signals discomfort, desire, protection, and pleasure. **The body is not the problem, it's the messenger.**

Why Do We Lose Trust in the Body?

Diet culture and food rules teach us to override hunger and ignore satisfaction.

Trauma and stress may cause us to disconnect from or dissociate from bodily sensations as a form of self-protection.

Chronic emotional eating may blur the lines between physical hunger and emotional need.

Medical stigma or weight bias may lead people to distrust their body's cues, especially when those cues are dismissed or pathologized.

When this happens, the body's signals are muted or misinterpreted. We stop listening, not because we've failed, but because we've been taught to fear what the body says.

Relearning Trust

Relearning trust in physical signals is a relational process, like rebuilding trust in a friendship. It involves: Curiosity over control; Compassion over criticism; Listening over silencing.

THE BODY AS ALLY

Relearning Trust in Physical Signals.

It's about turning inward and saying:

"I'm willing to listen. I know you have something to say."

When we begin to listen with presence and kindness, we discover that the body is not wild or broken. It is wise. It speaks in sensations: hunger, tightness, heat, stillness, movement, and it always seeks safety, balance, and connection.

Benefits of Reclaiming the Body as Ally

- a) Clearer hunger and fullness cues
- b) Decreased binge or stress eating
- c) Improved digestion and satisfaction
- d) More energy, pleasure, and body confidence
- e) A renewed sense of agency and embodiment

Trusting the body doesn't mean giving in to every impulse. It means responding with discernment and respect, just like we would with someone we care about deeply.

These exercises invite gentle reconnection with physical signals, cultivating safety and confidence over time.

The Body Trust Journal

Document positive interactions with the body to reinforce trust.

Instructions: At the end of each day, write one answer to:

THE BODY AS ALLY

Relearning Trust in Physical Signals.

a) What did my body communicate today?

b) How did I respond?

c) What felt different when I listened (or didn't)?

d) What would I say to a friend going through the same?

Over time, this builds an archive of respect, care, and curiosity.

THE BODY AS ALLY

Relearning Trust in Physical Signals.

Touchstone Phrase for Body Relationship

Create a personal affirmation to reinforce body trust in difficult moments.

Instructions: Reflect on how you'd like your relationship with your body to feel (e.g., collaborative, kind, understanding). Then create a short statement like:

- "My body is on my side."
- "I listen with love."
- "This sensation is a message, not a threat."

Repeat this phrase when facing body judgment, confusion, or food choices.

The Inner Ally

Imagine your body as a companion walking beside you, not behind, not dragging you forward, but walking with you. What do they look like? What do they sound like? Ask:

- What does this version of my body want me to know today?
- How can I respond like a trusted partner?

Trusting your body is not about perfection. It's about showing up in the small moments with **presence, patience, and permission** to feel. Your body has never stopped speaking. This is your invitation to start listening again, not as a critic, but as an ally.

CRAVING WITH CURIOSITY

Listening Beneath the Urge.

Cravings often carry a stigma. In a culture steeped in diet mentality, cravings are portrayed as weaknesses, temptations, or proof that we lack discipline. We're taught to fight them, ignore them, or "distract away" from them, almost like cravings are dangerous intrusions that must be silenced.

But what if cravings aren't the enemy?

What if they are signals, messengers from the deeper layers of our nervous system, emotions, and unmet needs?

Cravings are *not* just about food. They often point to a longing: for comfort, safety, stimulation, rest, joy, connection, or grounding. When we meet them with curiosity rather than judgment, we begin to decode their meaning. We shift from reacting to understanding, from shame to insight.

What Are Cravings, Really?

Cravings are multidimensional experiences. They can come from:

Biological need: A drop in blood sugar, dehydration, or nutrient deficiency.

Conditioned associations: Habitual cues (e.g., watching TV = snack time).

Emotional need: A way to soothe, reward, or regulate uncomfortable feelings.

Sensory memory: The body recalling past comfort or rituals.

Restrictive rebound: Cravings that arise after too much deprivation or labeling certain foods as "off-limits."

CRAVING WITH CURIOSITY

Listening Beneath the Urge.

Instead of asking: “How do I stop this craving?”

We begin to ask: “What is this craving trying to tell me?”

This shift invites *curiosity*, *compassion*, and *choice*, not just control.

When we pause and get curious, we give ourselves the chance to respond wisely instead of reacting automatically. Cravings then become opportunities to: Discover unmet needs; Practice self-awareness; Satisfy ourselves more fully; Create flexibility instead of fear around food.

Craving with curiosity builds **emotional resilience** and **body trust**, turning even the most intense urges into invitations for self-connection.

When a craving shows up, pause gently for 60–90 seconds. You don’t have to say no, just wait and listen.

Craving Response Menu

Offer choices that honor the craving while expanding flexibility.

Instructions: Create a personal “menu” of responses to use when cravings hit, including.

- Eat the food mindfully and savor it
- Delay the craving for 10 minutes and stretch or breathe
- Text a friend or write a journal entry
- Drink a glass of water and check in again
- Do something sensory (wrap in a blanket, light a candle, listen to music)

Having options supports freedom and agency instead of impulsivity or deprivation.

CRAVING WITH CURIOSITY

Listening Beneath the Urge.

The Compassionate Reframe

Replace craving shame with self-understanding.

Instructions: Whenever a critical voice arises during a craving (e.g., “What’s wrong with me?” or “I shouldn’t want this”), respond with:

“There’s nothing wrong with having a craving.”

“This is a signal, not a failure.”

“I am learning to listen, not control.”

This mental shift reduces shame, which often intensifies the craving in the first place.

Meeting the Craving at the Door

Imagine a craving as a guest knocking at your door, not a burglar breaking in.

Ask:

- “Why have you come?”
- “What message do you carry?”
- “Would you like to come in, or just be acknowledged?”

You don’t have to let the craving take over the house, but you also don’t need to slam the door shut.

Cravings are not a test to pass or a problem to solve. They are bridges between the body and the self, whispers of desire, need, and memory. When you meet them with curiosity, you unlock freedom, not from food, but from the fear of your own feelings.

CHAPTER

07

COMMUNITY, BELONGING, AND
SUPPORT: RELEASING ISOLATION
AND SHAME

CONNECTION INVENTORY
SHARED STORY CIRCLES PROMPT
BELONGING MAP
GROUP RESILIENCE EXERCISE
BUILDING A SUPPORT PLAN

VIRTUALIBRY

VIRTUALIBRY

VIRTUALIBRY

VIRTUALIBRY

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07

COMMUNITY, BELONGING, AND SUPPORT

Healing our relationship with food and emotions is often thought of as a solitary journey, something we must figure out on our own. But in truth, much of the pain we carry began in relationship: in families where our needs were unmet, in cultures that policed our bodies, in social settings where food became a symbol of worth, control, or silence.

Because of this, **healing must also happen in relationship.** We need others, safe others, to mirror our humanity back to us. We need places where our stories are held without judgment, where our growth is not only seen, but celebrated. We need to feel **belonging** **without performance**, love without conditions, and support without shame.

This part of the workbook is devoted to exploring what it means to *heal in connection*. It's about identifying the people and communities that make you feel safe, seen, and supported and learning how to protect that healing by setting boundaries where needed.

Whether you're reimagining your support system, processing old wounds of exclusion, or learning to trust others again, this section offers you space to reflect on the **power of community in shaping our self-worth** and our food stories.

You don't have to do this alone.
You were never meant to.

CONNECTION INVENTORY

What relationships feel nourishing, neutral, or draining?

Our emotional landscape is profoundly shaped by the people around us. Whether we realize it or not, every relationship we maintain either contributes to our well-being, leaves us feeling indifferent, or quietly depletes our energy. This matters deeply when it comes to emotional eating.

When we're surrounded by **supportive, attuned relationships**, we feel safer in our bodies, less likely to seek comfort through food alone. On the other hand, **chronically draining or unsafe relationships** can increase emotional tension, trigger dysregulation, and make us more vulnerable to seeking relief through eating.

This section invites you to become a compassionate observer of your **relational nervous system**. You'll begin identifying who in your life:

- Replenishes and grounds you
- Leaves you emotionally flat
- Triggers stress, self-doubt, or urgency to soothe

This is not about labeling people as “good” or “bad,” but about recognizing patterns, so you can move toward more supportive, healing connections.

Relationship Reflection Grid

Use the table below to take stock of your relationships across all areas of your life: family, friends, coworkers, online connections, community, etc.

RELATIONSHIP REFLECTION GRID

Name / Role	My Body Feels... After Interacting	Emotional Impact (1-10)	Nourishing / Neutral / Draining	Traffic Light
e.g., My sister	Tense, tired	4	Draining	
e.g., Old friend	Warm, calm	9	Nourishing	
e.g., Coworker	Numb, checked out	5	Neutral	

CONNECTION INVENTORY

What relationships feel nourishing, neutral, or draining?

Notice what your body tells you after each interaction. The nervous system speaks through sensations before thoughts.

Traffic Light Check-In

Think of your relationships like traffic signals:

Green = Nourishing: You feel seen, respected, energized, safe to be yourself

Yellow = Neutral/Unclear: Not harmful, but not emotionally fulfilling; inconsistent

Red = Draining: You feel anxious, judged, minimized, or exhausted

Draw three circles like a stoplight and fill in names of people under each category. Then reflect:

- a) Where do I want to invest more energy?
- b) Where might I need to set boundaries or step back?
- c) Where am I pretending neutrality, but feeling drained?

Body Check-In After Connection

Practice this body-based reflection after your next social interaction:

1. What is my energy level now (0–10)?
2. How does my body feel (tense, open, tired, buzzy, calm)?
3. What emotions are present?
4. Do I feel more regulated or more reactive?

Write your answers in a daily log to track patterns over time. You may find surprising correlations between draining connections and food cravings.

DAILY LOG

Date	Who Did I Connect With Today?	Before the Interaction, I Felt...	After the Interaction, I Felt...	Body Sensations After	Food/Mood Shifts Observed	Nourishing / Neutral / Draining?

CONNECTION INVENTORY

What relationships feel nourishing, neutral, or draining?

Connection Goals: Nourish and Rebuild

Once you complete the inventory, consider next steps:

Nourish: Choose one green-light connection to deepen. Schedule a walk, call, or meaningful moment this week.

Rebuild: Identify one yellow-light relationship that you want to gently improve. Could you express a need, clarify a boundary, or invite deeper dialogue?

Protect: Choose one red-light relationship to set a boundary around. That might mean limiting time, preparing a script, or seeking outside support.

Every connection is either a bridge or a burden. You are allowed to **curate your social circle** to support your emotional and nervous system health. By tuning in to the subtle signals of your body, you gain the wisdom to choose connection, not out of guilt or habit, but out of alignment and care.

SHARED STORY CIRCLES PROMPT

What parts of my story need to be witnessed?

Introduction: Why We Need to Be Seen

So, we heal in relationship, not just in private insight. One of the deepest human needs is to be witnessed: to share our truth and have someone else say, "I see you. That makes sense. You matter." When our stories are hidden, invalidated, or never given voice, we may carry them in our bodies and behaviors, including how we eat, numb, or cope.

For many who struggle with emotional eating, bingeing, or body shame, silence has been a survival strategy. You may have learned to keep quiet to stay safe. You may have internalized the idea that your story is "too much," "not that bad," or "not worth sharing."

But parts of you are still waiting to be seen, not fixed, not judged, just heard with compassion.

Story Circles are intentional spaces (shared in therapy, groups, trusted relationships, or journaling) where you can:

- Give voice to parts of your story that have felt invisible
- Experience the power of shared humanity
- Release shame through expression
- Reclaim your narrative with choice and compassion

Before choosing what to share, reflect: What part of my story feels tender, unspoken, or stuck in my body? What would feel like a relief to name aloud? What am I afraid others would think if they knew this part of me? What feels like *too much* to share right now and what feels like *just enough*?

SHARED STORY CIRCLES PROMPT

What parts of my story need to be witnessed?

You don't have to share the whole story. Even a sentence, a sensation, or a metaphor can be powerful. Small truths matter.

After you've shared or written part of your story, pause and notice:

What does my body feel now? Where do I feel lighter, or more open? Is there any grief, calm, shakiness, or strength? What do I need to support myself right now (rest, movement, stillness, connection)?

Write 2–3 words or draw an image that reflects how you feel after being witnessed.

When we share what has been hidden, on the page, in our voices, or with others, we begin to shift the weight of shame. We stop eating our pain in silence and start reclaiming our power through presence.

You are not alone in your story. And it's not too late for it to be seen.

BELONGING MAP

Places, people, or communities where I feel most like myself.

At the heart of emotional healing and transformation lies one essential question:

“Where do I truly belong?”

Belonging is not just about being accepted by others, it’s about feeling safe enough to be *yourself*. When you feel seen, valued, and understood, your nervous system settles. You stop bracing. You stop pretending. And in that safety, your body no longer needs food as your only source of comfort, connection, or identity.

Yet many of us have experienced fractured belonging:

- Families that expected us to hide parts of ourselves
- Diet cultures that shamed our bodies and appetites
- Social groups where we felt “too much” or “not enough”
- Trauma that taught us to perform instead of rest in authenticity

This exercise invites you to explore and reclaim **your map of belonging**, the environments, relationships, and communities where you feel most whole, alive, and you. It’s also a chance to notice where your hunger for food may be masking a deeper hunger for connection, creativity, or place.

Please find blank Logs on the pages 165-166.

BELONGING INVENTORY – WHERE DO I FEEL MOST LIKE MYSELF?

Domain	Where / Who / What	How Do I Feel in This Space?	What Part of Me is Most Welcome Here?
Physical places	e.g. nature, library, kitchen, gym	Calm, playful, focused	Creative, intuitive, strong
Relationships	e.g. old friend, therapist, sibling	Heard, relaxed, energized	Emotional, curious, vulnerable
Communities / groups	e.g. book club, hiking group	Inspired, free, expressive	Silly, deep-thinking, passionate
Activities / rituals	e.g. dancing, painting, praying	Grounded, empowered, peaceful	Embodied, spiritual, joyful

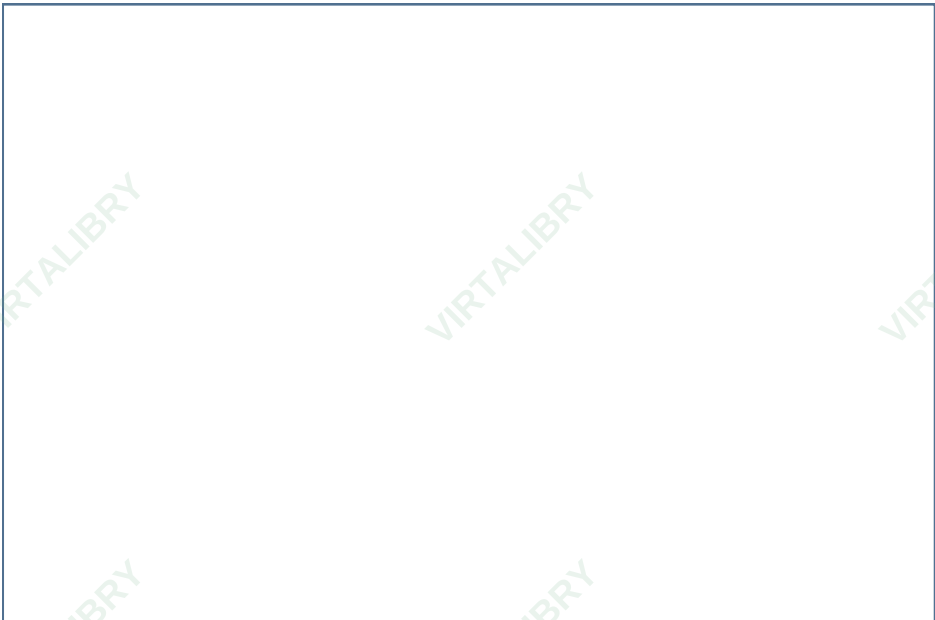
BELONGING MAP

Places, people, or communities where I feel most like myself.

Belonging Map – Visual Exploration

Draw or collage your Belonging Map. You can create circles for different domains (places, people, practices, communities) and add notes, symbols, or colors that represent:

- Where you feel most whole
- What brings you joy and calm
- What identities or qualities feel most alive in these spaces



BELONGING MAP

Places, people, or communities where I feel most like myself.

Reclaiming Belonging Where It Was Lost

Use the following reflection prompts to gently explore places where you felt **excluded, silenced, or unsafe**, and how that may still echo in your food behaviors:

- Where did I feel like I had to perform to belong?
- What communities made me feel “too much” or “not enough”?
- What rules did I internalize about who I had to be to be loved?
- Where do I now long to return, but on my own terms?

Action step: Identify one small way to reclaim a space or part of yourself that was exiled. That might mean finding a new community, reconnecting with a lost hobby, or redefining what family means.

“True belonging doesn’t require you to change who you are; it requires you to be who you are.” - Brené Brown

Your hunger for food may often be a deeper hunger for **place, connection, and meaning**. By mapping your belonging, you take a powerful step toward feeding your soul with what it actually craves: **being known, accepted, and rooted in authenticity**.

GROUP RESILIENCE EXERCISE

Identifying collective healing influences.

While personal insight is powerful, *collective healing* - through groups, communities, and shared narratives, amplifies growth in ways individual work cannot. Our brains and bodies are wired for **co-regulation**. We calm, grow, and transform more sustainably in the presence of others who reflect safety, solidarity, and shared purpose.

Emotional eating often flourishes in isolation, secrecy, and shame. In contrast, group resilience helps you:

- Feel seen and less alone in your struggles
- Receive strength from others' stories
- Shift inner narratives through shared language and care
- Access new coping tools, compassion, and courage

Whether it's a therapy group, faith circle, creative community, or support network of trusted peers, being part of something larger than yourself can restore a sense of **agency**, **dignity**, and **hope**, the very things emotional eating often tries to soothe.

This section explores how to identify and engage in **collective healing spaces** that nourish your nervous system and your story.

Group Influence Reflection Grid

Use this table to identify group experiences, past or present, that have shaped your sense of safety, belonging, or healing:

What kinds of environments support your voice and growth? What do you need more (or less) of in group settings?

GROUP INFLUENCE REFLECTION GRID

Group or Community	Role I Played	How I Felt in the Group	Positive Influences	Challenges / Wounds	Lessons Learned
e.g., College choir	Quiet supporter	Safe, joyful, invisible	Joy, rhythm, connection	Lack of voice	I thrive in rhythm but
e.g., Diet group	Performer	Approved, controlled	Routine, focus	Shame, comparison	I need freedom over restriction

GROUP RESILIENCE EXERCISE

Identifying collective healing influences.

Circle of Collective Resilience

Draw a circle and divide it into segments. Each segment represents a source of collective healing in your life. Include formal groups (support groups, spiritual spaces, creative circles) and informal ones (friend groups, community rituals, even online spaces that uplift you).

Inside each segment, write:

The name or type of the group

One word that captures how it supports your resilience

An emotion or need that gets met there (e.g., validation, play, safety, creativity)

Then ask:

- Which of these circles feel most alive for me right now?
- Where do I want to invest more energy or show up more authentically?

Group Values Alignment Exercise

To determine whether a group is resilient and healing (vs. performative, toxic, or shame-driven), reflect on the values it promotes:

Use this table to discern which groups you might want to lean into or gently step back from.

TABLE I

Group / Space	Do They Value...	My Rating (1–5)	Examples
	Vulnerability		
	Non-judgment		
	Rest & permission		
	Growth & learning		
	Diversity & inclusion		

GROUP RESILIENCE EXERCISE

Identifying collective healing influences.

Design Your Ideal Healing Space

If you were to create or join a group that *fully supported your healing*, what would it look and feel like?

Use these prompts to build your vision:

- What kinds of people would be there?
- What topics or emotions would be welcomed?
- What ground rules or values would guide the space?
- What would you contribute, and what would you hope to receive?

Write a one-paragraph vision of your ideal group. Then explore: does something like this exist already? If not, could you create or co-create it?

GROUP RESILIENCE EXERCISE

Identifying collective healing influences.

Shared Resilience Statement

In a group or personal reflection, complete this prompt:

a). When I hear others share their stories, I feel...

b). A group helps me remember that I am not...

c). What I offer to a healing space is...

d). Collective healing teaches me that...

These statements build **interpersonal meaning** a core ingredient for emotional resilience. When we gather with the intention to heal, we don't just change ourselves, we transform what's possible between us."

BUILDING A SUPPORT PLAN

Who can I reach out to when I feel triggered?

When we feel overwhelmed, ashamed, or emotionally activated, especially around food or body image, our instinct is often to isolate. We might say, “I don’t want to burden anyone,” or “No one would understand.” But the truth is, you are not meant to regulate, recover, or rewire in isolation.

Building a **support plan** is a form of nervous system care and emotional safety. It’s not just about having people on call in a crisis, it’s about developing a trusted map of who, what, and where you can turn to before, during, or after a triggering moment.

Support doesn’t always have to be deep or lengthy. Sometimes it’s a 10-minute text exchange. A grounding voice. A brief walk with a friend. A reminder that you are not broken or alone.

Creating this plan helps you:

- Interrupt harmful or automatic food behaviors with connection.
- Offer your younger or overwhelmed self a circle of care.
- Know you have options when your inner critic is loud or shame is high.
- Reduce the emotional load by sharing it.

Let’s begin mapping your personalized support network.

Support Circle Mapping

Divide your support into three levels to reflect varying degrees of connection and accessibility:

Write 3–5 names or resources per tier. Then keep this list somewhere visible or accessible (e.g., journal, phone, fridge).

SUPPORT CIRCLE MAPPING

Tier	Description	Examples
Inner Circle	People you can call/text when deeply overwhelmed	Therapist, best friend, sponsor, partner
Outer Circle	People who offer encouragement, stability, or distraction	Neighbor, coworker, group member, coach
Non-Human Support	Soothing routines, grounding spaces, or comforting tools	Journaling, prayer, forest walk, weighted blanket, music playlist

BUILDING A SUPPORT PLAN

Who can I reach out to when I feel triggered?

The Trigger-to-Connection Plan

Use this 5-step template to build a step-by-step response for when you feel emotionally triggered:

a). Trigger Sign: How do I know I'm dysregulated?
(e.g., urge to binge, racing thoughts, numbing out)

b). First Line of Grounding: What can I do in the first 5 minutes?
(e.g., deep breath, splash water, step outside)

c). Reach Out Option: Who can I safely connect with?
(Choose one person from your map)

BUILDING A SUPPORT PLAN

Who can I reach out to when I feel triggered?

d). What I Might Say: Script if I feel nervous to reach out:

“Hey, I’m feeling a bit overwhelmed right now. Can I check in for a few minutes?”

e). Follow-Up Soothing Practice: After I connect, what helps me settle?

(e.g., tea, warm shower, podcast, spiritual ritual)

Connection Prep List

Being proactive strengthens your support system. Choose 1–2 things to do each week to nurture your connections:

- Send a check-in text to someone you trust
- Set up a regular coffee or walk with a supportive person
- Let a friend know what you’re working on and how they might support you
- Join (or re-engage with) a group, support circle, or community
- Bookmark or print your Support Circle Map for easy access

Add this to your planner or weekly reflection as a check-in ritual.

Connection is not a reward for healing. It is a requirement for it. This plan isn’t about perfection, it’s about remembering that **support is a strategy, not a weakness.**

CHAPTER

08

INTEGRATION, RESILIENCE, AND
ONGOING CARE: CREATING A PLAN
FOR SUSTAINED SELF-LEADERSHIP

THEN & NOW REFLECTION TIMELINE
FUTURE SELF LETTER
COMMITMENT STATEMENT

VIRTUALIBRY

VIRTUALIBRY

VIRTUALIBRY

VIRTUALIBRY

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08

INTEGRATION, RESILIENCE, AND ONGOING CARE

Healing is rarely linear. It's cyclical, spiraling, and often surprising. It asks us to return, again and again, not just to insight, but to practice, to patience, and to presence. Now that you've explored your internal landscape, met your stories with honesty, built tools for regulation, and rewritten parts of your narrative, this final section of the workbook is here to help you gather those threads and begin weaving them into the fabric of your life.

Integration means we take what we've learned in moments of quiet reflection and apply it gently, day by day, in real life. It's one thing to know intellectually that hunger is not shameful, but integration means allowing yourself to eat when you're hungry, with kindness. It's one thing to recognize a trigger but integration means pausing before reacting and offering yourself

compassion instead of criticism.

Resilience is not about never being triggered again or always making the "right" choice. It's about returning. Returning to yourself when you disconnect. Returning to your values when old patterns resurface. Returning to compassion when judgment sneaks in. Every return strengthens your inner anchor.

Ongoing care is the slow, sacred practice of tending to your inner world. It's about checking in, not checking out. It's giving your future self something to stand on habits, rituals, relationships, and truths that support you in moments of challenge.

In this chapter, you'll craft your **Sustainable Self-Leadership Plan**. You'll reflect on what's worked, what's still emerging, and what rituals or resources you need going forward. You'll honor your own process, not as something to

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

“fix,” but as something deeply worth honoring.

This chapter isn't about arriving at perfection.

It's about *continuing the journey with intention*.

It's about *learning to walk with yourself, not against yourself*.

It's about *choosing self-trust, even when fear shows up*.

It's about *tending to your own becoming*.

So take a breath.

Feel your feet on the ground.

And know this:

The story doesn't end here, this is where it becomes yours to carry forward.

The journey of healing your relationship with food is rarely a straight line. It's a living, breathing evolution, sometimes marked by big shifts, other times by quiet, almost invisible internal rewrites. This reflection timeline is a space to honor both.

As you pause to look back, you may realize how often you kept going even when it was hard, how your body has become a place of listening rather than control, or how your inner dialogue has softened in moments where it once was sharp. You may also notice that some patterns are still tender, still unfolding. That's okay. This timeline isn't a place for perfection, it's a place for witnessing change with clarity and compassion.

In this section, you're invited to revisit your “Then” how you used to think, feel, and behave around food, emotions, and your body and place it side by side with your “Now.” It's a chance to track your emotional, cognitive, and somatic growth, not just in terms of outcomes, but in how you've related to yourself through it all.

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

This is not a report card. It's a story arc. A living arc where both struggle and progress belong, where your resilience gets to be visible on the page.

Whether your "Now" feels stable, shaky, or somewhere in between, the fact that you are here, reflecting, is a powerful testament to your inner strength.

These practical tools serve to visually and emotionally reflect on your growth across your healing journey, acknowledging both where you've been and where you're headed. This timeline offers a compassionate pause to witness how your beliefs, behaviors, and emotional responses have evolved.

How to use:

- a) Draw a horizontal line across the center of the page or use the template provided.
- b) On the **left side**, label "*Then*" representing the beginning of your journey.
- c) On the **right side**, label "*Now*" reflecting where you are today.
- d) Along the line, mark key turning points, insights, or emotional shifts (you may date them if desired).
- e) Reflect on the following categories at both ends of the timeline:

THEN AND NOW REFLECTION TIMELINE

What’s changed in how I think, feel, and respond around food?

Area of Growth	Then	Now
Beliefs About Food	“Food was...”	“Now, I believe food is...”
Emotional Eating	“I turned to food when...”	“Now, I cope with emotions by...”
Body Connection	“I felt about my body...”	“Today, I feel...”
Response to Triggers	“My go-to response was...”	“Now I tend to...”
Self-Talk	“I used to say to myself...”	“Now, I try to remind myself...”
Hunger & Fullness Cues	“I used to ignore...”	“Now I notice...”
Compassion & Care	“I thought healing meant...”	“Now, I know healing also means...”

THEN AND NOW REFLECTION TIMELINE

Area of Growth	Then	Now
Beliefs About Food		
Emotional Eating		
Body Connection		
Response to Triggers		
Self-Talk		
Hunger & Fullness Cues		
Compassion & Care		

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

a). What small, brave things have I done differently this year?

b). What beliefs or habits surprised me by shifting?

c). Where do I still need support or softness?

Healing is not about becoming someone else. It's about becoming more fully myself. I honor the journey that brought me here and trust the one unfolding ahead.

Integration Reflection - *What I've Learned, Felt, and Reclaimed*

This reflection tool invites you to synthesize your journey across the workbook from the early days of uncovering your food story to the new layers of self-trust, emotional resilience, and body connection you've explored. Integration is not about having all the answers, it's about pausing long enough to *notice what now lives inside you that didn't before*.

As you complete this section, know that integration is ongoing. This is a snapshot, a moment to reflect on what you've learned, what's softened or shifted, and what you are choosing to reclaim as your own.

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

Section 1: What I've Learned

Think of these as inner truths you didn't fully know or trust until now.

a). One thing I've learned about myself and food is...

b). A belief I've released is...

c). A new skill or practice I now return to is...

THEN AND NOW REFLECTION TIMELINE

What’s changed in how I think, feel, and respond around food?

d). I’ve realized that healing requires...

Section 2: What I’ve Felt

This is where emotions are honored, not judged. Feelings are data, not weakness.

e). The hardest emotions I faced during this process were...

f). I felt most connected to myself when...

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

g.) I gave myself permission to feel...

h). An emotion I used to avoid but now welcome more openly is...

Section 3: What I've Reclaimed

This is about power, pleasure, and agency, what's been returned to you or redefined.

i). I've reclaimed my right to...

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

j). I've redefined what nourishment means by...

k). One pattern I've broken is...

l). One gift I'm passing forward to future generations is...

THEN AND NOW REFLECTION TIMELINE

What’s changed in how I think, feel, and respond around food?

Creative Expression:

Draw, collage, or write a short letter to yourself, titled:

“This is the version of me I fought to become.”

A series of 25 horizontal lines for creative expression, intended for drawing, collage, or writing a short letter.

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

Resilience Ritual Builder

Healing your relationship with food and feelings isn't a one-time event, it's a living practice. Just like we develop rituals around meals, sleep, or work, we can intentionally create small, repeatable actions that support emotional balance, nervous system regulation, and self-trust. A resilience ritual is a simple, nourishing way to remind yourself: I have tools. I have choice. I am safe to be with myself, even in hard moments.

This tool helps you build your own set of resilience practices daily, weekly, or as-needed. Think of it as your personalized emotional first-aid kit meets soul-care menu.

Define Your Anchors - These are small, doable practices that help bring you back to center. Use the categories below to build your own ritual options.

1. Grounding Anchor (for anxiety, overwhelm)

Examples: barefoot on grass, holding an object with texture, box breathing, naming 5 things you see.

MY GROUNDING ANCHOR(S)

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

2. Soothing Anchor (for sadness, grief, loneliness)

Examples: warm bath, soft music, self-hug, favorite scent, prayer, slow rocking.

MY SOOTHING ANCHOR(S)

3. Energizing Anchor (for low motivation, shutdown)

Examples: dancing to one song, a splash of cold water, stepping into sunlight, stretching.

MY ENERGIZING ANCHOR(S)

THEN AND NOW REFLECTION TIMELINE

What’s changed in how I think, feel, and respond around food?

4. Connection Anchor (for isolation, shame)

Examples: texting a safe friend, writing in a “truth journal,” watching an inspiring video

MY CONNECTION ANCHOR(S)

Build Your Ritual - Choose one or two anchors and pair them with a time of day or an emotional cue.

Example: When I feel out of control, I will put my hand on my heart and breathe deeply for 30 seconds, because it helps me remember I’m safe and not alone.

Repeat template with blank lines for 2–3 examples.

When I feel _____,

I will practice _____,

because it helps me remember _____

_____.

THEN AND NOW REFLECTION TIMELINE

What's changed in how I think, feel, and respond around food?

Schedule or Stack It - Decide when your ritual fits best. Can it be part of your morning? Evening? Mealtime? Post-conflict recovery?

1. A time of day I most need support is _____

_____.

2. I can pair this ritual with (existing habit) _____

_____.

3. A space where I feel calm and can return to this is _____

_____.

Affirmation to Close: Choose or write your own mantra to pair with your ritual.

Examples:

“I can return to myself, again and again.”

“I am allowed to soften.”

“Even now, I am healing.”

My affirmation:

_____.

FUTURE SELF LETTER

Write to your future self 6 months from now, offering encouragement and vision.

This tool invites you to connect with the wisest, kindest, and most grounded version of yourself, the “you” who has continued to grow, heal, and move toward a healthier relationship with food, feelings, and life. Writing a letter to your future self creates a sense of direction, hope, and self-accountability rooted in compassion, not pressure.

Think of it as planting a seed of intention and care that your future self can return to when needed. It also helps solidify what really matters to you, not just what you want to change, but how you want to live.

Set the scene - Take a few deep breaths. Imagine it’s six months from today. Picture where you are emotionally, physically, and in your relationship with food and self-care.

Tune into the present “you” -What has been hard? What have you worked through? What are you proud of?

Write with tenderness and honesty - This is not a list of goals, it’s a message of encouragement and *remembrance*. Speak from your inner guide, not your inner critic.

After writing the letter, fold it and seal it in an envelope. Label it with today’s date and “Open on, six months from now.” Place it somewhere meaningful inside your journal, in a drawer, or on your altar. You may even set a reminder in your phone to read it on that future date.

COMMITMENT STATEMENT

What do I want to carry forward, gently, courageously, and consistently?

After doing the deep inner work of healing your relationship with food and feelings, there comes a moment of pause, a sacred space between reflection and forward movement. This is where you acknowledge all you've learned, reclaimed, and transformed, and then ask yourself:

"What do I want to carry forward with me, not out of force or fear, but from self-trust and devotion to my well-being?"

The Commitment Statement isn't about rigid resolutions or rules. It's an invitation to identify a few guiding anchors - truths, practices, or intentions, that you want to honor as you continue this path of integration.

It's a declaration made in your own words, in your own voice, for your own soul. Think of it as **a gentle vow to yourself**, written not for perfection, but for continuity, care, and self-leadership.

Commitment Statement Template

You may complete this as a journal entry, a poster on your wall, or a page you revisit monthly. Include as many or as few lines as resonate.

1. I commit to gently noticing and honoring my emotions by...

→ e.g., *checking in with myself before eating, naming feelings without judgment.*

COMMITMENT STATEMENT

What do I want to carry forward, gently, courageously, and consistently?

2. I commit to staying connected to my body's wisdom by...

→ e.g., practicing breathwork or body scans, eating when I'm hungry, resting when I'm tired.

3. I commit to protecting my healing by...

→ e.g., setting boundaries with diet talk, choosing environments that support my growth.

4. I commit to nourishing myself in ways that feel...

→ e.g., joyful, satisfying, sustainable.

5. When I feel disconnected or discouraged, I will gently return by...

→ e.g., rereading this statement, revisiting my Future Self Letter, reaching out for support.

DEAR READER,

You've reached the end of this workbook, but truly, you've arrived at a beginning. A turning point. A place where you no longer see food as the enemy, your emotions as problems to fix, or your body as a battleground. Instead, you've begun to see that *your story matters*. Your needs matter. And you are worthy of care, even in your most unguarded moments. Throughout these pages, you've done something incredibly brave:

"YOU SLOWED DOWN LONG ENOUGH TO LISTEN TO YOUR HUNGER, NOT JUST THE PHYSICAL KIND, BUT THE LONGING FOR PEACE, CONNECTION, EXPRESSION, AND MEANING.

YOU NAMED YOUR PATTERNS WITHOUT SHAME.

YOU TRACED THE THREADS OF YOUR EMOTIONAL LANDSCAPE WITH HONESTY.

YOU CHALLENGED BELIEFS THAT ONCE KEPT YOU STUCK.

YOU PRACTICED SHOWING UP, DAY AFTER DAY, WITH GENTLENESS INSTEAD OF JUDGMENT."

This workbook was never about perfection. It was about presence.

About choosing again, even after a binge.

About returning to yourself, even after dissociation.

About noticing the small, beautiful moments when you chose to **pause instead of punish, connect instead of control, feel instead of flee.**

You may still have days that feel hard. That's not a failure, it's a reminder that healing is not linear. And you don't have to walk that road alone. You now have a support plan, a body wisdom toolkit, rituals of self-connection, and the beginnings of a new narrative, one written not in fear, but in *freedom*.

So where do you go from here? Wherever your next chapter takes you, let it be shaped by these truths:

“ YOU ARE ALLOWED TO OUTGROW OLD
COPING STRATEGIES AND STILL HONOR THE
ROLE THEY ONCE PLAYED.

YOU ARE ALLOWED TO FEED YOURSELF WITH
COMPASSION, EVEN WHEN YOU DON'T "FEEL
LIKE YOU'VE EARNED IT."

YOU ARE ALLOWED TO REWRITE YOUR STORY,
NOT BECAUSE YOUR PAST WAS INVALID, BUT
BECAUSE YOUR FUTURE DESERVES YOUR VOICE.

This is not a goodbye, it's an invitation forward. A continuation.
Keep writing. Keep discovering. Keep choosing yourself, again and again.
With every page you turned, every word you reflected on, and every brave
step you took, you reminded yourself of something powerful:

You are not broken. You are becoming.

And that is a story worth telling.

With all my heart,

A handwritten signature in black ink that reads "Shannon Water". The script is fluid and cursive, with the first letter of each name being capitalized and prominent.

Author, Coach, Companion on the Journey

FAQS

WHO IS THIS WORKBOOK FOR?

Anyone looking to heal their relationship with food, emotions, and self.

Whether you struggle with binge eating, emotional eating, dieting cycles, or food-related shame, this workbook offers a gentle, structured path toward healing. It's helpful for those who want to better understand their inner world and eating behaviors.

IS THIS LIKE A FOOD JOURNAL, DIET TRACKER?

No, this is not about tracking calories or controlling food.

Unlike traditional food journals, this workbook focuses on why you eat, not just what you eat. It explores emotional patterns, internalized beliefs, and body trust rather than food intake or restriction.

CAN I USE THIS WORKBOOK ON MY OWN?

Absolutely.

Rewrite Your Story is designed to be self-guided, but it can also be used alongside therapy, coaching, or support groups. Many readers find it helpful to process their insights with a trusted professional.

HOW MUCH TIME SHOULD I SPEND ON EACH SECTION?

As much as you need.

There's no rush. Some people work through a few pages each week; others move more slowly or revisit exercises over time. The goal is not completion, it's reflection, growth, and inner change.

IS THIS WORKBOOK TRAUMA-INFORMED?

Yes.

This workbook was created with a trauma-sensitive approach. Many of the tools are based on somatic awareness, nervous system regulation, and compassionate self-reflection. You're encouraged to move through it at your own pace.

WHAT IF I FIND PARTS OF THE WORKBOOK EMOTIONALLY DIFFICULT?

That's okay and expected.

Healing your relationship with food and feelings can stir up old wounds. You're encouraged to take breaks, go gently, and use grounding tools included in the workbook. If needed, reach out to a therapist or support person.

CAN THIS WORKBOOK HELP ME STOP EMOTIONAL OR BINGE EATING?

Yes, it's designed to support lasting recovery.

While not a substitute for therapy, this workbook offers powerful insights and tools to help you identify emotional triggers, rewrite limiting beliefs, and rebuild body trust, essential steps in changing eating patterns from the inside out.

IS THIS WORKBOOK INCLUSIVE?

Yes.

The workbook is written with sensitivity toward diverse identities, body sizes, cultural backgrounds, and lived experiences. The language is compassionate and non-diet focused, with an emphasis on emotional healing, not appearance or weight loss.

DO I NEED ANY SPECIAL MATERIALS?

Just your honesty, a pen, and time for yourself.

There's plenty of space to write directly in the workbook, or you can use a separate journal if you prefer. You may also want to have calming tools nearby, like a blanket, tea, or playlist, to support you as you reflect.

DAILY AWARENESS LOG

Date & Time	Trigger Type	Describe what happened	Body Response	Action Taken	What I Needed Instead

DAILY AWARENESS LOG

Date & Time	Trigger Type	Describe what happened	Body Response	Action Taken	What I Needed Instead

DAILY AWARENESS LOG

Date & Time	Trigger Type	Describe what happened	Body Response	Action Taken	What I Needed Instead

BELIEF MAPPING WORKSHEET

Area of Life	My Beliefs	Source or Influence (if known)	Is This Still True/Helpful?
About Myself	"I'm not enough unless I achieve."	Parent, School, Culture	☐ Yes ☐ No ☐ Unsure
About Food	"Carbs are bad."	Diet culture, Media	☐ Yes ☐ No ☐ Unsure
About Emotions	"Crying is weakness."	Childhood environment	☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure

BELIEF MAPPING WORKSHEET

Area of Life	My Beliefs	Source or Influence (if known)	Is This Still True/Helpful?
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure
			☐ Yes ☐ No ☐ Unsure

FOOD & FEELING DIARY

Time	What I Ate / Craved	What Was Happening Before Eating? (Event, mood, thought)	How I Felt While Eating	How I Felt After Eating	Was I Physically Hungry? (Yes/No/Not Sure)

FOOD & FEELING DIARY

Time	What I Ate / Craved	What Was Happening Before Eating? (Event, mood, thought)	How I Felt While Eating	How I Felt After Eating	Was I Physically Hungry? (Yes/No/Not Sure)

BODY CLUE LOG - BEFORE EATING

Date	What physical sensations do I notice right now?	Where in my body do I feel it most strongly?	Can I name the emotion that might be connected to this sensation?	What do I need right now?	One word to describe my current state:

BODY CLUE LOG - BEFORE EATING

Date	What physical sensations do I notice right now?	Where in my body do I feel it most strongly?	Can I name the emotion that might be connected to this sensation?	What do I need right now?	One word to describe my current state:

BODY CLUE LOG - BEFORE EATING

Date	What physical sensations do I notice right now?	Where in my body do I feel it most strongly?	Can I name the emotion that might be connected to this sensation?	What do I need right now?	One word to describe my current state:

EATING WITH OTHERS REFLECTION LOG

Date	Where and with whom did I eat?	What did I eat (briefly)?	What thoughts came up?	How did I feel in my body?	Did I feel free to eat what I wanted?	Did I censor or edit myself?	What would I want next time?

EATING WITH OTHERS REFLECTION LOG

Date	Where and with whom did I eat?	What did I eat (briefly)?	What thoughts came up?	How did I feel in my body?	Did I feel free to eat what I wanted?	Did I censor or edit myself?	What would I want next time?

EATING WITH OTHERS REFLECTION LOG

Date	Where and with whom did I eat?	What did I eat (briefly)?	What thoughts came up?	How did I feel in my body?	Did I feel free to eat what I wanted?	Did I censor or edit myself?	What would I want next time?

BELONGING INVENTORY — WHERE DO I FEEL MOST LIKE MYSELF?

Domain	Where / Who / What	How Do I Feel in This Space?	What Part of Me is Most Welcome Here?
Physical places			
Relationships			
Communities / groups			
Activities / rituals			

BELONGING INVENTORY — WHERE DO I FEEL MOST LIKE MYSELF?

Domain	Where / Who / What	How Do I Feel in This Space?	What Part of Me is Most Welcome Here?
Physical places			
Relationships			
Communities / groups			
Activities / rituals			

VIRTUALIBRARY

VIRTUALIBRARY

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