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Awareness of Emotional Eating

We all emotionally eat. We are trained from childhood to celebrate with food, to mourn with food and to entertain with food. The trick to permanent weight loss is to become aware of when we emotionally eat, and to stop this practice. Emotional eating is quite simply the act of eating when we are not physically hungry. So how can we do this? Start by practicing the awareness algorithm:

1. Why do you want to eat this food?

2. Is this a habit food? If so, what activity do you associate this food with?

3. How do you think this food will make you feel physically?

4. How do you think this food will make you feel emotionally?

5. Are you physically hungry? (Would you eat cold, unseasoned tofu to satisfy your hunger?)

6. Are you thirsty?

7. Is this a time at which you would generally eat?

8. Do you feel pressure to eat this food? From whom?

9. Is this food on your protocol? If not, why do you want to eat off of your plan?

10. Do you like your reasons for eating this food?

11. What will happen if you become hungry?

12. Are you ok with being hungry?
