EPISODE 1: The Difference between Emotional Eating, Binge Eating, and Compulsive Overeating

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Focus of this Episode:
An overview of the different eating challenges so you can see what you need to work on.

Podcast Notes

Why define the way you eat?

The first step is to see what you are actually doing. If you look for solutions to the wrong problem, it’s useless.

Basic problem-solving skills:
• Pause.
• Ask what’s happening.
• Be unemotional, just the facts.
• What would you like instead?
• Then find a specific solution.

Emotions come from your thoughts. Thoughts are sentences in the mind, and they create your feelings, which are experienced as vibrations in your body.

Emotional eaters often run from negative emotions to food, whether hungry or not. You feel better temporarily but the result is extra weight.

No feelings can hurt you; you create them with your thoughts.

Your Notes
You’ve learned to do this and can learn not to.

**Solution: Learn to manage your mind and thus your emotions. Awareness is the first step.**

**Binge Eating:** is eating large amounts of food in a short time followed by feelings of shame and regret.

It’s a brain-based habit, where the survival brain sends out an urge to do it, and the more you do it, the stronger it gets.

There are two parts of the brain. The lower brain tells you to binge, and the upper brain tells you to get the food and put it in your mouth, using your voluntary muscles.

Urges feel real, but they are just a signal from your lower brain, which thinks you need large amounts of food to survive.

**Solution: work on the urge itself. Understand what it is, where it comes from, what reinforces it, what makes it go away.**

**Compulsive Overeating:** is generic overeating. You’re hungry when you start but then don’t stop until you’re overly stuffed. You disconnect from your body.
1. You might eat ahead of hunger, when not hungry.
2. You might eat in response to thoughts (this tastes so good, I can’t stop).
3. You might eat processed foods, which create physical cravings for more.

**Solution:**
1. Get in touch with how much food your body
(not your mind) needs so you know when to start and stop eating based on physical hunger.

2. Know which foods may lead to cravings and decide if they are worth it.

Knowing these definitions of eating issues helps you identify your patterns, giving you clarity so you can zero in on what you truly need.

Focus on what you want, without drama. Focusing on problems and shortcomings is a setup for failure. Negative emotions lead to negative actions, keeping you stuck.

What are the facts? Be unemotional. What am I doing? What kind of overeating? How do I want to be eating?

This is a new beginning. Past results don’t matter.

This is a project, all about you. Figure out what you need and who can help you with that.

**ACTION STEP:**
After listening to this episode, get clear on what category your eating issues come under. Don’t be surprised if it’s more than one or if one leads to another.

Our feelings can’t hurt us; we create them with our thoughts.

*Cookie Rosenblum*

RealWeightLossRealWomen.com
**EPISODE 2: Clearing Your Path to Weight Loss Success!**

Listen to this Episode [HERE](#)

**Focus of this Episode:**
Learn what’s been holding you back up to this point.

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<td>How to get from where you are to where you want to be.</td>
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<td>Create a picture of exactly what you want.</td>
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<tr>
<td>1. How will you feel when you lose your weight problem?</td>
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<td>2. How do you feel now?</td>
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<td>3. Are you sad, hiding, or beating yourself up?</td>
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<td>4. How do you want to feel?</td>
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<td>5. What words do you use to describe yourself?</td>
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<td>6. How do you feel when you think of yourself that way?</td>
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<td>Failure = feeling that you are helpless to change, thinking that change is hard.</td>
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<td><strong>How would you love to feel most days? You can feel any way you choose.</strong></td>
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<td>This is easy when you believe your thoughts.</td>
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<td>When you’ve resolved your eating problems:</td>
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<td>1. How will you move through your day?</td>
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<td>2. What will your mood be? How will it feel?</td>
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<td>3. How does it compare to how you go through your day now?</td>
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<td>4. What’s the biggest difference?</td>
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<td>5. How will you eat? How do you eat now?</td>
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6. How will you get movement? Do you get regular movement now? Don’t worry about the what, how, or where. Visualize yourself living in this way and loving it.

7. Are you happy to get dressed? Hating what you see is a waste of energy. Imagine a closet full of clothes that you love, that fit, and that you feel great in.

When you are carrying a “weighty secret” you cannot be fully present with others. You miss out on connection.

Why do you want to lose weight and change your body?

Compare how you think you will feel, look and act to how you feel, look and act now.

Focus on the gap between where you are and where you want to be. This gives you the drive to make a change. It gives you excitement, desire and hope. What you want and why you want it will motivate you. (Your “Big Why”.)

Changing your eating and thinking is a long-haul project, requires big changes, and you need to be able to motivate yourself.

Losing the extra weight for good requires perseverance in all of these areas:

- How you eat
- When you start to eat
- What you eat
- When and how you stop eating
- How you manage your mind
- How you handle your emotions
- How you care for yourself
Your goal is to become a naturally slender woman:
1. Who can sit in front of any food and have some if you’re hungry and leave it if not.
2. Who eats based on internal measures of fullness and emptiness.
3. Who creates her own way of eating based on what feels great, gives her energy, and allows her to maintain a comfortable weight.

What and when you eat should be based on what your body wants, not on what your mind wants.

**Naturally slender women have a particular way that they eat, think and practice self-care.**

Naturally slender women eat when hungry until lightly sated. They sometimes overeat and then naturally eat less. They aren’t perfect, and they never judge themselves based on food choices.

Naturally slender women are not happy 24/7 but they don’t run from negative emotions to food. There is no emotion they can’t handle. They get support or take a time out when they need it.

**Naturally slender women treat themselves like a treasured friend; eating well, resting, and caring for their bodies.**

Think about your life when you lose weight. What’s your Big Why? Use it as your go-to motivator to become a naturally slender woman.

**ACTION STEP:**
Write down a vision of what you really want. Make it as detailed as possible answering the questions I’ve given you.
EPISODE 3: How to Eat Like a Naturally Slim Woman

Focus of this Episode:
Understand the basics of how natural eaters eat.

When to start and stop eating is based on an internal decision from your body and its signals of hunger, and it is not a diet plan.

Eat when you are a little bit hungry to a little bit full. Your goal is to stop using food emotionally and stop acting on binge urges. Use the feedback from your stomach.

This is all part of self-care to feel good without resenting what you need to do to take care of yourself. Our bodies are in charge.

The hunger scale is a physical gauge of hunger from -10 to +10. Your goal is to eat from -2 (a bit hungry) to +2 (lightly sated).

This is very different in all people. As you practice, it will become effortless.

Don’t let yourself get too hungry (-6 or beyond) because you won’t be able to stop at +2.

The scale measures physical hunger, not how you’re feeling (mood) or what you’re thinking (mind). It’s how naturally slender women eat. They focus on what their body tells them.

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The big question to ask is this: Am I hungry? The answer must be a definitive yes. If yes, then what food will satisfy me?

Quantify hunger at every meal with a number. Emotional hunger comes from thoughts you’re thinking. You may feel it as if you are hungry, but it’s not physical.

Physical hunger: gradual, gentle, flexibly satisfied with many foods, can be quantified with a number, easy to feel satiety.

Emotional hunger: urgent, for a specific food, sudden, or tied to an emotional event.

Your Goal: only eat when you are physically hungry.

If you eat emotionally, there is no real hunger so there is no real satisfaction.

Practice stopping at +2 and notice how it feels.

Geneen Roth famously said, “The body can only hold a certain amount of food, but the mind has no limits.” Notice this when you are eating, and you want to keep eating.

Use your mind to manage your emotions and choose what you eat. Use your body to decide when to start and stop eating.

Practice starting to eat at -2. Do this often. You will make mistakes, and this is OK. Notice what happens when you start at -3 or -4.

Then practice stopping at +2. If you don’t stop until you reach +4 or +5, notice how that feels.
Naturally slender eating isn’t about deprivation or restriction.

You cannot eat whatever you want, whenever you want, and as much as you want without negative consequences.

Learn to like foods that like you back. When you eat, sit down and pay attention.

Keep practicing until it’s natural, like when you were a baby.

**ACTION STEP:**
Pay attention when you start eating and always put a number on your hunger. Also put a number on your fullness when you stop.
Meet Cookie

Cookie Rosenblum, MA, is a coach who works with women just like you: women who want to lose weight, stop their emotional eating, and bust through their binges.

For over 25 years, Cookie’s expertise has helped women change their bodies from the inside out. She’s a master level life coach, an author, and host of a highly acclaimed podcast on iTunes.

Cookie’s book, *Clearing Your Path to Permanent Weight Loss*, is critical in helping you figure out why nothing has worked for you so far, so you can stop repeating the same eating and thinking mistakes, over and over again.

And her podcast, *Weight Loss Made Real* (top-rated in iTunes), is like having private sessions with Cookie. She coaches you, just as she does her private clients and Freedom Group members, on how to not only lose weight and painful patterns, but on how to lose the whole problem.

She will help you take care of your eating, your weight AND your happiness.

If you love the podcast and her coaching style, and if you are ready to take action to solve your weight problem for good, you will love the Freedom Group! Learn more about the Freedom Group on the next page and then join us so you can get YOUR freedom back.

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*It’s your decision to be the kind of woman you admire.*

*Cookie Rosenblum*

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