



The FACE WEIGHT LOSS Program NEWSLETTER Number 11
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As we said in Newsletter Number 10, many people associate overeating with feeling stress. **It is important to learn to disconnect eating as the main response to stress.** Eating often masks real feelings and cannot make feelings go away. Eating only cures hunger. Relief from food is only temporary and creates additional negative feelings such as guilt, self-blame, and hopelessness. Because eating cannot truly relieve stress and uncomfortable feelings, we overeat in the hopes of finding satisfaction which is not there. **We need to develop an awareness of our feelings and learn alternative ways of coping with them.**

At the FACE Program we have developed the **Feelings Awareness Process** to help break the bonds between feelings and eating. **Feelings are not there to be solved but to be experienced.** As you allow yourself to experience your feelings they will have less power. Allowing yourself space to recognize your feelings shows that you can handle them.

Try the **Feeling Awareness Process** the next time you feel you're about to engage in stress eating.

FEELING AWARENESS PROCESS

- 1) Close your eyes and take three slow, deep breaths to relax.
- 2) Identify the feeling/emotion (e.g. sadness, hurt...) you are experiencing.
- 3) Locate the bodily sensations (e.g. temples ache).
- 4) Identify any feelings associated with this feeling (e.g. disappointment).
- 5) Recall past beliefs about this feeling (e.g. it's weak to be sad).
- 6) Say to yourself – I have the right to experience my feelings.
- 7) Take time to experience the feeling fully.
- 8) Open your eyes when you are ready.

When we take time to identify, name, and experience our feelings we create the space to manage our emotions without turning to food.

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