

## 4 SIGNS THAT YOU MAY BE EMOTIONALLY EATING

### INTRO

Hey friend! Welcome back to *The Diet Haters Podcast*, Season Two. I'm your host Sundi Jo, loser of 145 lbs., who's passionate about helping you to learn how to stop dieting, find lasting weight loss results, and learn your true identity in Christ. I've been out for a bit due to recovering from surgery and first of all, thanks for your patience and grace. Secondly, I'm excited to be back. We're gonna cover some great topics this season.

Today we're gonna talk about something that we've probably all dealt with at one time or another - emotional eating. This is a topic that I don't think we can ever talk too much about.

It's so easy for us to find ourselves in the emotional eating boat. Something goes wrong in our life. We start believing a lie the enemy is telling us. We believe a lie someone else has told us. We have a bad day at our jobs, in our marriages, with our kids, you name it. Food becomes an easy distraction. It becomes our "savior" from the emotions we either don't want to feel, or think eating will help us feel through the emotions.

Here's the deal, my friend, and let me just say... I'm pointing three fingers back at myself for the one finger I'm pointing at you while I say this...

Until we deal with what's really going on in our hearts and minds, we're never going to overcome emotional eating. We're never going to truly find freedom on our health journeys. When we get to the root of the issue, allow Jesus to heal the broken places of our hearts, that's when everything changes. That's when we really lose the weight. That's when we really get healthy, not just physically.

So, today, we're gonna talk about four signs that you may be emotionally eating.

First, though, I just want to say thanks for joining me here at *The Diet Haters Podcast*. Thanks for taking time out of your schedule to allow me to share what I know with you, and for making time for us to learn and grow together. And I also want to thank you if you've shared my podcast with your friends. Every time you share an episode or just *The Diet Haters Podcast* as a whole with someone else, you're helping to change the lives around you, and I'm so grateful for that. So thank you so much.

Okay.. so now that I've said all that, let's dive in.

## DISCUSSION

### 1) EATING WHEN YOU'RE NOT HUNGRY

For some reason, I just got Jeff Foxworthy in my head. You know his series, “You might be a redneck if..” Maybe we should turn this episode into a “You might be emotionally eating if...”

When you're stuffing food in your face and you're not even hungry you might be emotionally eating. There's about a 95% chance that there's probably another issue going on in your heart. Now.. let me just say this.. That 95% is not scientific research. It's a guestimate based on my own life and the things I've seen in others. I would probably actually say the percentage is higher, but I'll give us some breathing room.

Let's use boredom as an example. How many times have you been sitting there watching tv and know you're not hungry at all, but you want to get up and eat anyway. You start pilfering through the pantry to see what you can find.

What if.. And preaching this to myself.. What if we stopped before we made that decision and really asked ourselves, “Why am I eating right now?” Is it really because I'm bored or is it because there's something else I'm not really wanting to think about right now.

Is there an unfilled desire in your life that you've just pushed back, so instead of allowing yourself to think about it, you run to food and disguise it with boredom? Maybe there's something you're afraid of trying and it's easier to grab something to eat and say, “Ug.. I'm so bored” than it is to acknowledge the fear.

Sometimes we just need to be bored. Most times we really need to ask ourselves if that's the truth or if it's just an excuse not to deal with the real junk.

When you start to run to the fridge because you're wanting to eat out of boredom, consider stepping back and asking yourself some questions... Ask the Lord to show you if there's something going on in your heart.

*What's really happening?*

*Is there something I'm missing out on and I'm trying to fill the void with food?*

*Did I have an emotional day at work, but I've just been suppressing it?*

*What is the truth about this situation?*

*What's at the root of what's really going on here?*

We can't truly change our situations until we really know what's going on. And guess what? It's okay for you to feel bored, but make sure that's what you're really feeling.

## **2) NOT STOPPING WHEN YOU'RE FULL**

I'm just gonna confess right here and right now, that is a struggle for me. I'm still learning how to get this one down.

There are several different reasons we do this, one being because we don't want to waste food. You know, so many of us were brought up with the "you're not getting up from this table until you eat everything" mentality. Although that was never me. I don't recall anyone having to tell me to finish my plate.

But we don't want to be wasteful. So instead of figuring out how much food we really need, we just overeat. I think if we were to sit down and calculate how much money it actually costs when we do this, we'd be unpleasantly surprised. We don't want to waste, but in reality, we're spending more than we should because we genuinely do NOT need that much food!

And really.. We've been conditioned for this. Go to just about any restaurant in America and you'll see the servings are ridiculous. Do we really need a 10 oz. steak, baked potato, salad, and green beans? No. Our bodies don't need that much food in a serving unless we're the Liver King.

I know you probably have no idea what that is, but this guy blows my mind. You've gotta check him out on Instagram. Look up the liverking. I think he's crazy, but I can't stop watching him, and he eats in one setting what some of us eat in 3 days.

Anyway.. I digress, but you've gotta check him out. Where was I at? Oh ya. Serving sizes. We normalize the amount of food we're eating, when in reality it's really not normal at all.

Look at McDonald's for example. Their small fry, if I'm not mistaken, and feel free to correct me on this, used to be the large. We've been conditioned that more is better.

Listen.. We need to learn to either make enough food for one serving, or learn to love leftovers. And we also need to learn to be okay with scraping our plates off in the trash sometimes.

So, I'll share something personal here that's kind of embarrassing. Several years ago I was having dinner at a friend's house. After we were done eating, I was helping clean up. I noticed she'd left food on her plate and my brain was immediately like, "There's no way I can throw that away. I have to eat it." So, after making sure no one was looking, I finished her plate.

It wasn't the first time I'd refused to throw it away, but it might have been the first time I ever did that, or at least the first time I'd ever paid attention to it. Something about that was really bothering me.

Over the next couple of days I kept thinking about that and finally sat down to process through it with the Lord. What he showed me was so healing, but very emotional. I was equating that food with love.

So, I said earlier that no one ever had to tell me to finish my plate. I usually went back for seconds, especially when I was with my dad.

My parents divorced when I was 3 and I had a very rocky on again off again relationship with my dad. He was an alcoholic and addict. When I would visit him and times were good, food was his love language. He loved to cook for me. And I loved to eat it. Barbeque, fried fish, fried bologna and egg sandwiches. Don't you dare gag at that last one. You ain't lived until you've had a fried bologna and egg sandwich. I refuse to eat it today since I now know the ingredients, but... When I was a big ole' girl, I loved them, especially when my dad cooked them.

That day I ate the food from my friend's plate, I couldn't get rid of it because in my mind I was throwing love away. I was throwing something that I related to a good feeling in my life away. I was throwing something that I'd always been so desperate to have, away. And it was even harder for me, because my dad had died from an accidental overdose and I could no longer receive love in that way.

I wasn't hungry. I didn't need the food. No one else needed it either, but I was emotionally eating because I'd tied that food to love and fulfillment. God had to show me that He was the only one who could fulfill; not people, not food.

Back to the idea of wasting food. When we convince ourselves that we can't throw food away, or waste it, we're believing a lie that's tied to something deeper. Is it really about wasting the food? No. It's about something deeper.

You're worried about wasting, but you're not worrying about wasting the right things, like all the money you're wasting on diets, all the money you're wasting on counting points. Wasting time refusing to be in pictures because you don't want people to see you. Wasting time not pursuing your dream. Ultimately wasting your life.

It's time we start worrying about wasting the important things, my friend. We only get one life to live.

And we have to get to the root of what's really going on. Is it because we've been taught to clean our plates since we were kids? Is it because we equate food with love? Is it because we've lived on such a tight budget for so long, we convince ourselves we're wasting money?

It's time to start telling yourself the truth. It's time to find a new normal because the old isn't working anymore. You can tell yourself, "I'm okay. What I used to believe isn't what I have to believe now."

We're in charge of changing our belief systems, my friend.

## PROMO - 2B MINDSET

Hey friend. I want to interrupt really quickly to talk to you about mindsets. Specifically our mindsets when it comes to food. That's been something I've really had to focus on during the healing process of my recent surgery recovery - my mindset about using nutrition to heal my body.

And I've been able to do that with the help of one of my favorite nutrition programs, the 2B Mindset.

Founded by Ilana Muhlstein, who lost 100 lbs. herself, the [2B Mindset program](#) is about just that, learning how to create an incredibly powerful mindset that will allow you to lose weight happily and keep it off for good.

There are no prescribed meal plans. No focusing on foods you **must** cut out. Instead, it allows you to focus on everything you CAN have, so you're the one in control.

God created you to live an amazing life, my friend, and now is the time to start taking back what the enemy has tried to steal from you and start living fully.

The 2B Mindset program offers simple guiding principles, tips, tools, and strategies that she and hundreds of other clients, including myself, have used to lose weight and keep it off.

Everything about the 2B Mindset is sensible and—best of all—it's sustainable, so you'll not only know how to lose the weight, you'll discover how to keep it off.

If you're interested in learning more, I'd love to walk alongside you through this program and help you to stop dieting and start living life to the fullest today. You can learn more at [sundijo.com/2bmindset](http://sundijo.com/2bmindset).

Okay.. now, let's get back to the four signs that you may be emotionally eating.

### 3) EATING TO REWARD YOURSELF

Rewarding ourselves, again, is a learned behavior. When something great happens what do we often do? Go out and celebrate with food, right? And many times it starts in our childhood.

Little Johnny did great today at his baseball game. We're going out to celebrate with ice cream. Little Molly brought her C up to a B. We're going out for food to celebrate. Now, hear me in this.. I'm not saying we can never go out and celebrate, but how often is this the quick answer?

And much of this learned behavior stems back to our childhoods. We're just doing what we've always done. We're doing what our parents did with us. We're not doing it because we want to be fat or make our kids fat. We've been conditioned to say, "This is how we tell you we're proud of you, by feeding you."

What if we just said, "Hey Johnny, Hey Molly, I'm so proud of you!" And they believed it and that **was** the celebration? And we do it to ourselves too don't we? Because often we have believed so many lies about ourselves that we can't possibly believe that we can just be proud of ourselves and sit in that accomplishment. Instead we have to prove to ourselves with food that we've accomplished something.

At the root of that is a lie we're believing. A lie we need Jesus to show us so we can be healed from it and replace the lie with His truth.

Listen to me, my friend. You deserve to be celebrated. You deserve to acknowledge your accomplishments. But how you do it matters, and why you do it matters.

And let me just say if you haven't heard it lately or if you're afraid to say it to yourself. I'm proud of you!

### 4) FEEDING YOUR URGENT CRAVINGS

I want us to make a commitment to each other right now, myself included. That the next time we find ourselves running to food in urgency, we will commit to stopping, backing off, and asking ourselves why we're about to do it. Why do we feel this urgency?

*Why are we convinced that we **need** this?*

*Why are we convinced that we should get this because we **want** it?*

And then we need to ask ourselves what is truly going to satisfy that hunger? If we see an apple on the counter but decide we just have to have that bag of chips instead, and do it right now, we're not hungry - we're eating through our emotions.

It's in these moments what we have to step back and reevaluate. We need to ask ourselves, and the Lord, "Okay, what is really going on here? What's really happening in my heart? What feeling am I avoiding?"

Next time you feel the urge, step back and ask, "Am I really hungry or is this something else? If you step back, get to the heart, and are still convinced that you're just hungry and nothing else, then go for it. 9 times out of 10 I think you're going to be surprised that it's probably something else.

That urge you're having is a sign that something deeper is going on. Don't ignore that. Don't ignore the deeper thing. Doing so is only going to make you spiral further and further out of control.

Addiction is the symptom of a deeper problem. If we don't get to the deeper problem, food will always be our coping mechanism and we'll never fully experience the freedom Christ has for us.

## RECAP

Alright, my friend, let's do a quick recap of what we've gone over today. Four signs you may be emotionally eating..

1. Eating when you're not hungry.
2. Not stopping when you're full.
3. Eating to reward yourself.
4. Feeding your urgent cravings.

I'm gonna say this again before we close for the day. I'm proud of you and you need to find something today to be proud of yourself for. I don't care how small you think it is, find it. You'll thank me later.

## DIET HATERS FACEBOOK GROUP

If you're looking for some extra encouragement on your weight loss journey, I'd love for you to join me over in my free, private Facebook Diet Haters community. We're doing life together over there, sharing our wins, talking about our struggles, learning healthy coping mechanisms, sharing recipes, and even some laughter along the way.

I'll share the link in the show notes or you can search Diet Haters on Facebook.

## PODCAST SHARING

And again, if you'd be so kind to share this episode with someone you know would find it valuable, I would greatly appreciate it. You can leave a review or a rating, which you can now do on Spotify, too, by the way.

## CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And don't forget.. You. Are. Valuable.