5 STEPS TO SOMATICALLY TRANSFORM

Emotional Eating *by turning to new P.A.G.E.S.*

P — Pause

You cannot change what you're not aware of.

Pausing gives you the opportunity to connect with your sensations and emotions and cultivate awareness about what your body may be trying to tell you through a food urge.

A — Acknowledge

Naming and owning your food impulses decreases internal threat.

Acknowledging and accepting your desire to reach for food shifts the perception of what is happening, where you can start to explore what this food urge is here to teach you.

G — Get Curious

Now that you've paused and acknowledged your food urge, you can get curious about what your body is trying to do for you through this craving.

What are you expecting to receive from this food? What do you want it to change for you? What emotions and sensations are you hoping to receive? Have you actually experienced this when eating this food in the past?

E — Explore

What other non-food resources could support you in feeling the emotions or sensations you're looking to feel?

This could include dancing, journaling, singing, calling a friend, getting outside, hugging a tree, lying on the floor, or putting yourself under a weighted blanket.

S — Satiate

Satisfy the emotional hunger present.

Choose one thing that you came up with to satiate the emotional hunger present. If you notice how you feel intensifies, try another resource. This is about you learning what emotionally satiates your unique body and that can take exploration and practice.

WANT TO LEARN MORE ABOUT HOW TO EMBODY THIS PRACTICE?

Check out the 3 month live Somatic Eating® Program at SOMATICEATING.COM

somatic eating®