

EMOTIONAL EATING CYCLE

...for as he thinks
in his heart, so is he
(Proverbs 23:7)

We become what
we think about.
- Earl Nightingale



Belief:

"Food helps me cope with or avoid painful emotions."

Emotion:

Desire for comfort, peace, or feelings of well-being and/or fear you can't handle the emotions you feel

Action:

Emotional trigger



Run to food (High sugar or high fat)



Addictive foods release Dopamine in brain ("Feel good" chemical)



Overeating cycle is repeated daily



Weight gain occurs

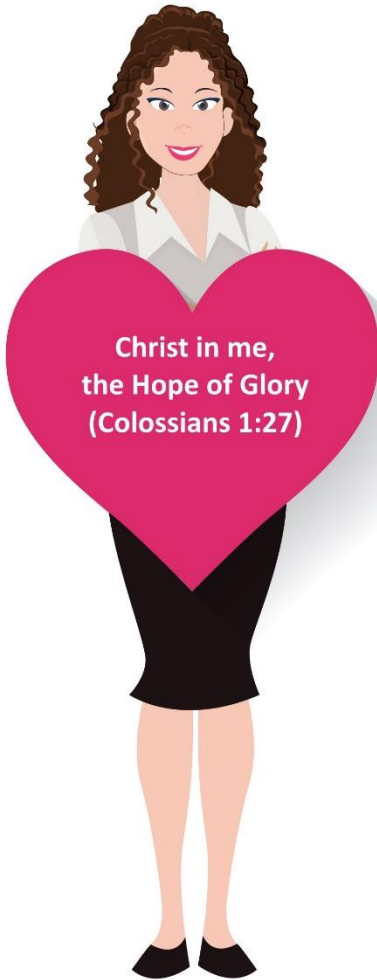
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EMOTIONAL HEALING CYCLE

I can do all things through Christ who strengthens me
(Philippians 4:13)

casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ
(2 Corinthians 10:5)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God
(Romans 12:2)



➤ **Belief:**
"I can handle my emotions with God's help."

➔ **Emotion:**
Desire for comfort, peace, or feelings of well-being; God's perfect love casts out fear (1 John 4:18)

➔ **Action:**

Emotional trigger



Run to God (Prayer, praise, worship, meditation on His promises)



Dopamine release in brain ("Feel good" chemical) is stable and balanced



Eat foods that build health and keep you emotionally stable

“All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any
(1 Corinthians 6:12)”



Reach a healthy weight

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