

Week 2: Diet Saboteur and Emotional Eating

Time Needed	Materials Needed	Set-Up Needed
20 minutes	PARTICIPANT HANDOUTS: <ol style="list-style-type: none"> 1. Am I Hungry? 2. Emotional Eating Log 3. Steps to a Healthy Relationship with Food INSTRUCTOR RESOURCES: <ol style="list-style-type: none"> 1. “Am I Hungry” handout 2. Bandage My Heart with Chocolate 3. Emotional Eating Log 4. “Mindful Eating” State of Virginia 5. “Steps to a Healthy Relationship with Food” 	N/A
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Deepen the understanding of the saboteur/inner critic when it comes to emotional eating.	We all have an inner critic who sabotages us, if we let him/her.	Sharing of self and emotional eating.
Topic	Procedural Steps/Activities/Key Points to be made	
Introduction	Take the “Am I Hungry” handout and let’s talk about what are your triggers for eating? Is it hunger or other emotions/pressures/situations? Review and discuss “Bandage My heart with Chocolate” <ul style="list-style-type: none"> • What is emotional eating <ul style="list-style-type: none"> ○ Eight Traits of Emotional Hunger • What influences Emotional Hunger <ul style="list-style-type: none"> ○ Marketing, cultural, family and individual) Review strategies to reduce emotional eating Review & Discuss: “Am I Hungry” handout. What are the triggers for eating? Is it hunger or other emotions/pressures/situations? Review & Discuss: “Mindful Eating” State of Virginia Handout <ul style="list-style-type: none"> • What is mindful eating? Review & Discuss: “Steps to a healthy Relationship with Food” <ul style="list-style-type: none"> • How do you think that we create a healthy relationship with food? 	
Activity	After introduction, have the class imagine a situation that may be a saboteur to your healthy eating, then partner up to role play this situation.	
Debrief	Go around the room and ask if anyone wants to share anything about their saboteur/critic and how it effected their healthy eating. <ul style="list-style-type: none"> • Who would like to share? • What did you learn • What did you notice about your saboteur effect on your eating? • How did this exercise help you in understanding yourself better when it comes to healthy eating and emotional eating? 	