



THE WHOLESOME

Journal guide 2.0

TO HEALING YOUR RELATIONSHIP
TO FOOD AND YOUR BODY

WHOLESOME

14-Day Emotional Eating Journal Challenge

TO HELP YOU IDENTIFY AND UNDERSTAND THE ORIGINS OF YOUR TOXIC FOOD BEHAVIOUR THAT IS NO LONGER SERVING YOU, SO THAT YOU CAN FREE UP SPACE IN YOUR LIFE FOR BIGGER AND BETTER THINGS.



MY STORY

On the 11th of March 2011, I hit rock bottom. It was the moment I realised that my obsession with food and my weight was completely ruining my life. At this point I was bingeing and purging every day, sometimes multiple times a day, I was obsessively weighing myself, exercising for the sole purpose of losing weight, and yet I was still gaining weight. I didn't really know what to do next, but I was somehow intuitively drawn to journaling. The next morning, I found myself in an office supplies store buying a little pink journal. I didn't know it at the time, but journaling would soon become my saving grace.

The second I picked up the pen, the words just started pouring out...I journaled my heart out onto those pages and for the first time in a long time, was brutally honest with myself. I took the time to acknowledge my feelings that I had for so long been suppressing with food, or the lack thereof, and boy was I surprised at what bubbled up! By verbally expressing my feelings in writing, I not only became aware of them for the first time, but I acknowledged them, accepted them for what they were and was able to release some of the intensity of those feelings. Ultimately, I realised that feeling my feelings wasn't the same as drowning in them and that I was strong enough to work through them. And so, I filled the pages of my first journal, then my second journal, and so on...10 journals later, and I honestly don't know where I would be without it today.

I still journal to this day, albeit not as regularly. But in those beginning days, weeks, months and years, that journal was my best friend and it was instrumental to helping me understand myself better. If you are going through a similar food struggle and are sick and tired of being stuck in the same vicious cycle, I invite you to give this 14-day Journal Challenge your all. What do you have to lose!?



HOW IT WORKS

The first step in healing your relationship to food - whether you are struggling with binge eating, compulsive eating, emotional eating, bulimia, orthorexia or other highly restrictive tendencies - is to identify the reasons you feel compelled to abuse and control food in the first place. If you have been living with, working on or healing from any of the above for some time, I'm sure you know that this is about so much more than just food or eating. In fact, for many of us, it doesn't have much to do with food at all. A toxic relationship to food and your body is a message, a symptom, a sign that there is perhaps something else going on below the surface. And journaling just happens to be a fantastic way to do some of this exploration. As I mentioned before, journaling was one of the biggest tools that helped me in my own recovery and I sincerely hope it will enable you to explore, reflect and ultimately heal, too.

Plus, who doesn't love a good 14-day challenge? I know I do!

So, get yourself a journal and a pen, a word document, or whatever you want to journal with, and get comfy. Perhaps make yourself some tea, light a candle or rub some essential oils on your neck and wrists. Bottom line is that I want you to feel relaxed and ready to be vulnerable. Pick one question a day and journal about whatever comes up for you. Give yourself a good 15 minutes per question. Maybe even put a timer and don't put your pen down until the timer is up. Don't think about it too much - no one will read this or see this - so be completely open and honest with yourself.

If you do want to share some of your insights with me (yay!), then make sure to post on socials and tag me @wholesomestef so that I can be part of your journey.

**YOUR RELATIONSHIP TO FOOD IS A DIRECT
REFLECTION TO YOUR RELATIONSHIP TO LIFE ITSELF.
- GENEEN ROTH**

1

DESCRIBE THE LAST TIME YOU MADE AN UNHEALTHY FOOD CHOICE. HOW DID YOU FEEL BEFORE, DURING AND AFTER?

2

NOW DESCRIBE THE LAST TIME YOU MADE A HEALTHY FOOD CHOICE. HOW DID YOU FEEL BEFORE, DURING AND AFTER? HOW WAS THIS EXPERIENCE DIFFERENT TO WHAT YOU DESCRIBED IN QUESTION 1.

3

LIST ALL THE WAYS IN WHICH YOUR PARENTS USED FOOD FOR THINGS OTHER THAN PHYSICAL NOURISHMENT. DID THEY, FOR EXAMPLE, USE FOOD TO MOTIVATE YOU ("DO YOUR HOMEWORK AND THEN YOU GET CANDY"), REWARD YOU ("GOOD JOB FOR GETTING A GOOD GRADE, LET'S GO GET ICE CREAM") OR PERHAPS DISTRACT YOU ("TAKE THIS CHOCOLATE BAR, THAT'LL KEEP YOU ENTERTAINED").

4

RE-READ THE LIST AND ANALYZE IF AND HOW YOU ARE NOW, IN YOUR ADULT LIFE, USING THESE TECHNIQUES ON YOURSELF? DO YOU USE FOOD TO MOTIVATE, REWARD AND DISTRACT YOURSELF?

5

WHAT ARE OLD AND PERHAPS TOXIC DIET RULES THAT YOU ARE HOLDING ON TO, EG. NO CARBS AFTER 5PM, DESSERT ONLY AFTER TRAINING? LIST ALL THE RULES THAT YOU CAN THINK OF, AND THEN ASK YOURSELF IF PERHAPS SOME OF THEM ARE NO LONGER SERVING YOU.

6

CLOSE YOUR EYES AND IMAGINE HOW IT WOULD FEEL TO LOVE YOURSELF AND YOUR BODY UNCONDITIONALLY. LET THOSE FEELINGS SWEEP OVER YOU AND ENGULF YOUR BODY. HOW DOES IT FEEL?

7

HOW WOULD YOUR LIFE BE DIFFERENT IF YOU WERE IN THAT HEADSPACE THAT YOU JUST DESCRIBED AND IF YOU DIDN'T WASTE SO MUCH ENERGY ON YOUR WEIGHT, CALORIE COUNTING, HOW YOU LOOKED AND WHAT OTHERS THOUGHT OF YOU? ARE THERE THINGS YOU ARE CURRENTLY MISSING OUT ON OR NOT DOING BECAUSE YOU'RE TOO CONSUMED BY YOUR WEIGHT AND FOOD STRUGGLES?

8

WHEN DO YOU FEEL THE SELF LOATHING AND BODY IMAGE ISSUES GET WORSE? WHAT SITUATIONS DOES THAT INNER MEAN GIRL ROAR UP? IS IT WHEN YOU COMPARE YOURSELF TO OTHER WOMEN ON THE STREET, WHEN YOU GO CLOTHES SHOPPING AND NOTHING FITS, WHEN YOU SCROLL THROUGH SOCIAL MEDIA? LIST AS MANY TRIGGERS AS YOU CAN THINK OF.

9

WHAT HELPS YOU TO GET BACK ON TRACK AFTER "FALLING OFF THE BANDWAGON"? WHY DO YOU THINK THAT YOU STRUGGLE TO DO THOSE THINGS, EVEN THOUGH YOU KNOW THEY WILL DO YOU GOOD.

10

IMAGINE IF I TOLD YOU THAT YOU CAN NEVER EVER AGAIN GO ON A DIET. WHAT'S YOUR FIRST REACTION? HOW DOES THAT MAKE YOU FEEL? WHAT THOUGHTS POP UP?

11

I BELIEVE THAT OUR RELATIONSHIP TO FOOD IS A DIRECT REFLECTION OF YOUR RELATIONSHIP TO LIFE ITSELF. NOW, I WANT YOU TO IMAGINE SOMEONE OBSERVING YOU AND YOUR LIFE FROM A BIRDS EYE VIEW - WHAT WOULD THEY THINK THAT YOUR RELATIONSHIP TO FOOD SAYS ABOUT YOU, YOUR VALUES AND YOUR PERSONALITY?

12

BY THE VIRTUE OF OUR UPBRINGING AND CIRCUMSTANCES, WE ALL HAVE CERTAIN LIMITING BELIEFS THAT WE HOLD ON TO. WRITE DOWN THE TOP 5 LIMITING BELIEFS THAT YOU THINK HOLD YOU BACK THE MOST.

13

PICK THE TOP 3 LIMITING BELIEFS FROM THE LIST ABOVE. WHAT WOULD CHANGE IF YOU LET GO OF THEM? HOW WOULD YOU BE LIVING YOUR LIFE DIFFERENTLY?

14

COMPLETE THIS SENTENCE: "THE LAST TIME I BINGED, THE FEELING I WAS TRYING TO NUMB WAS..."



YOU DID IT!

I am so proud of you for completing the 14-Day Emotional Eating Journal Challenge. I know that some of the questions can be confronting and triggering, but that's exactly why they are so powerful and important to work through. I hope that you had many lightbulb moments along the way and have perhaps started the process of understanding why you eat the way that you do. Remember, the first step towards change is awareness. And you have just taken a huge step towards more self-awareness!

Let's work together

I'm not going to lie: healing your relationship with food and your body takes time. It takes paradigm shifts, attitude adjustments, letting go of limitation beliefs, adopting new coping mechanism and becoming brutally honest with yourself. And that is something that's very hard to do solo!

These type of journal exercises are a sneak peek at the type of topics I explore with my clients in my coaching programs. If you enjoyed these last 14 days and feel like there is more that you want to explore and are ready to tackle the second step following awareness (hint hint, it's acceptance!), then I would be thrilled to work with you individually. Together, we will work on letting go of toxic diet mentalities and empower you to finally make peace with your body and the food on your plate. I'll never tell you to deprive yourself or cut out certain foods from your life. Instead, my goal is to help you recognize toxic thought patterns that are no longer serving you and help you tune back into your body's inner wisdom about how to truly nourish yourself—so that you can free up space in your life for bigger and better things.

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