

Solutions: Support for Emotional and Binge Eating

Session 6: Moderation as Recovery

Check-In

What is a success and a challenge from the past week?
How did you support yourself through these experiences?

Were you aware of any diet culture or weight bias messages this past week? How did these influence you, if at all?

How can the group support you this week?

Quote of the Week

“I didn’t want to give up food; I relied on it too much. On the other hand, I was miserable with my body and the overstated importance of food in my life...I remember the exhilaration of throwing away my scales and charts and lists of ‘legal’ foods. And I remember the terror that followed.”

- Geneen Roth; excerpt from *Breaking Free from Emotional Eating*

Moderation, Not Abstinence

Compulsive behavioral patterns are characterized by *all or nothing* thinking/beliefs and extreme behaviors.

- With eating, this can look like bingeing, periods of restriction, dieting, rigid food rules and menus, expectations of abstinence from pleasurable foods, etc.
- Results in anxiety and depression, unhealthy/unsuccessful relationships, health conditions, unwanted habits, feeling out of control, chaos, etc.

Moderation, Not Abstinence

Moderation is a behavioral pattern characterized by the avoidance of excess/extremes

- Results in more balance, calmness, and sense of control.

Discussion Questions

- What are examples of tendencies you do in the extremes of all or nothing?
- Why do we keep operating in the all or nothing extremes, even when we recognize the detriments?

Discussion Questions

- What do you do in moderation (with balance)?
- What helps you achieve moderation with these behaviors?
- What makes moderation with food and eating difficult *(including what we learned last week about diets/dieting)*?

Discussion Question

What skills and strategies can help you achieve more moderation with food and eating?

- Give power back to the body- it will never ask you to binge or diet.
 - Hunger Scale, honoring hunger and fullness cues.
 - Some eat meals, some snack, some vary the two- find your balance.
- Unconditional permission to eat “enough”- eat what and amount that is truly satisfying. Balance, variety, and flexibility = moderation!
- Mindfulness practices- pause, staying present and connected with your body, without judgement.
- Change self-talk- reframe “no” to “What else can I give myself that is satisfying?”
- Self-compassion, recognizing needs, intuitive eating is learning-you cannot fail.

Any last thoughts or questions?