

The PEACE Formula

When we make PEACE with our eating, we are choosing to respond rather than react. When we react, we think that food is the solution to make us feel better, but it just makes us feel worse; then we get an emotional hangover about what we have just done, which sends us back to the food.

But when we pause, we let the sanity back in. We can make a different choice this time. We can feel the food calling us, but we choose to do something different by using these tools. When we press the pause button, we can stave off the emotional cravings until the desire to eat passes. It gives us space that we need to make thoughtful choices and consider the consequences of each possible choice.

PAUSE: As soon as you notice you want to eat something hit the pause button.

I'm not talking about the moment before you take that first bite, or even the moment that you reach for the food—by then, it's too late. I'm talking about the exact moment the thought of eating pops into your head, before you put yourself in fast-forward and eat whatever you can get your hands on.

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EMOTION: Try your best to define the emotion you're caught up in at that moment. Are you feeling resentful, lonely, hurt, despairing, vulnerable, or maybe a combination of these?

Connecting with yourself and naming that emotion helps you to become an impartial observer of yourself. Naming the emotion strips it of its power over you and allows you to step out of the whirlwind of the moment.

ACKNOWLEDGE: When we acknowledge our hurt and the source of it, we improve our chances of not getting stuck in it.

Acknowledgment of what triggered the emotion helps you remove yourself from it. As soon as you step outside of yourself to observe, you're already once-removed from it. What is it that has actually triggered you? Was there something going on beneath the surface or before the impulse?

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CHOOSE: When we react rashly we want to hit the food, and we do so without thinking about the consequences and how we will feel after eating.

By contrast, choosing your response means taking consequences into account. When you are reminded of your goals and what you want to achieve, your response has a better chance to align with that goal in a kind, thoughtful way.

EMPOWER: Once you have made the choice to respond, the final step is to act. You are empowered to act in the way that is best for you, especially when it comes to overeating.

When we take ownership of our responses, we are taking a powerful step towards healing and letting go. You do not have to be a slave to your impulses. It's empowering!

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