

# One Example of How Emotions Might Act as Ally for Intuitive Eating

You think that you are **fat** and that your problem is **weight**. You feel **envious** of others who have the body you want, **fear** that you will never be good enough, and **anger** at yourself and others for not achieving the thin ideal.

**Jealousy & Envy** help you respect your need and desire for food.  
Do you want hot or cold? Fresh and crunchy or well-cooked?  
Sweet or savory? Protein? Carbohydrates? Fat? Dairy?

**Fear** helps you look around in your environment for best matches between what you want and what is available.

**Anger** helps you respect your body rather than diet culture. You eat what your body wants, when your body wants it, and stop when your body has had enough (i.e. no binge).

You feel **shame** for eating something (or some amount) you think you shouldn't, **depressed** that you can't keep weight off, and **sad** that you don't look the way you want to.

**Shame** helps you consider whether you need to 1) change your *behavior* (ex: work harder at controlling your food intake) or 2) change your *beliefs* (ex: update your beliefs around body weight/shape/size and food).

**Depression** helps you do a reality check: 1) Diet's don't work in 95-99% of cases and 2) your own personal dieting history includes a) evidence that when you restrict it's just a matter of time before you binge, and b) evidence that when you consistently eat what and when your body wants, you don't binge.

**Sadness** helps you let go of the thin ideal and replace it with Health at Every Size and Intuitive Eating principles.

With the *help* of your emotions (if you listen to and work with them), you eat when and what your body wants you to eat, stop when your body is full, and your body weight does whatever it does.

You are no longer obsessed with food and you no longer binge.

Sanity around food is restored.

