



# Your Nourished Life

## W4.3 - Four N's Instead of Food as Friend

Step	General Guidelines	My Experience/Actions
<b>NOTICE</b>	<p>When you are aware of your <b>emotions</b> and your drive to eat in response... <b>and/or</b> when your desire to start or keep eating is:</p> <ul style="list-style-type: none"> <li>• more in your mind than bodily sensations</li> <li>• more sudden than gradual</li> <li>• more intense than mild to moderate</li> <li>• filled with cravings for specific foods more so than a willingness to eat any number of nourishing foods you like</li> </ul> <p><b>Step away</b> from the food to work the next steps. You can do this <i>before</i> or at any point <i>during</i> emotional eating.</p>	
<b>NAME</b>	<p>Highlight your feelings. Add your own words too. We often feel many feelings at once. Say aloud or in your mind: I am...</p> <p>Irritated, angry, annoyed, frustrated, resentful, indignant, offended, hurt, disappointed, discouraged, ashamed, guilty, sad, mournful, envious, jealous, doubtful, anxious, worried, tense, uneasy, lonely, weary, overwhelmed, misunderstood, bored, excited, celebratory, relieved...</p>	
<b>NOD</b>	<p>Allow your feelings. Make space for them as legitimate, as human. Aim to have as much kindness and empathy for yourself as you can. Watch for judging or shaming yourself, and come back to allowing and kindness. Your feelings can inform you as to your needs, if you don't reject them!</p>	
<b>NEED</b>	<p>Look over the menu of actions on the handout: <b>W4.3 - Meeting Emotional Needs without Food.</b></p> <p>What are one or two things you can do <b>NOW</b> to meet your needs directly without using food?</p>	