



# Eating with Grace™

making peace with food, weight & body image issues

## JULY 2009 NEWSLETTER

### FIRST THINGS FIRST. EASY DOES IT. ONE DAY AT A TIME. LET GO AND LET GOD.

12-Step Program Principles

## Eating with Grace Winter 2010 SCHEDULE

MONTPELIER ONGOING  
GROUP STARTS:  
**MARCH 2010**

BURLINGTON BASIC  
GROUPS START:  
**MARCH 2010**

**Now OFFERING  
WEB-BASED SERVICES:**

- consultations
- email support
- telephone/Skype support
- coaching
- referrals
- *clinical hypnosis*



MAY YOU BE HAPPY  
MAY YOU BE PEACEFUL  
MAY YOU HAVE SAFETY  
MAY YOU HAVE EASE

Last night in the Eating with Grace **Ongoing Group** we had a touching discussion about Overwhelm. You know that feeling: there is so much to do, so much going on, so many demands, Shoulds, Have-Tos, that you \_\_\_\_\_ (fill in the blank: scream, yell at someone, break something, have an accident, are completely immobilized ... *start a binge*). Bingeing (or turning to any addictive behavior) is a way to zone out, escape, stop, quit, and yell all at the same time. Afterwards the remorse and the sickness change the internal radio station from the Overwhelm Station to the Remorse Channel (Self-Hatred, Defeat, Exhaustion). Beats feeling overwhelmed?

The holiday weeks from Thanksgiving through New Year's are loaded with Overwhelm. People expect so much of themselves, and sometimes of each other. Our culture, and sometimes our families/friends/kids, shout *more, more, more* (implying *not enough, never enough*). It's hard when things are frenzied to pause long enough to sort out our real priorities, which things matter and which don't. It's even harder to listen to the deeper places of our True Self, which wants to be loved and accepted just as we are, wants rest, peace, affirmation, connection, caring.

Managing overwhelm involves admitting to yourself that you ARE overwhelmed, and that it isn't good for you, in body-mind-heart-spirit, to feel this way, and that therefore, something has to give (or it'll be you). Techniques help: making list, then just picking THREE things; talking it out with a friend and getting some feedback; having a mindfulness practice like yoga, meditation, or walking that you do almost daily; journaling, drawing, dancing. But if you're a compulsive eater, you're easily caught up in HAVE-TOS, and you probably need to learn about the core beliefs that underlie your attitudes and choices.

The core beliefs that underlie the HAVE-TOS are really interesting to discover, and they are always LEARNED. For example, Mary drove to Burlington and back from Montpelier on slick roads in Vermont's first snowstorms last week. Going she had an almost-accident; coming home, her muffler dropped half-off, dragging metal. Her beliefs? She HAD to get to the office and see her clients. Her own fears and needs didn't matter. Cancelling is never an option. Her father was a small-town hero, who ALWAYS worked, no matter what the internal or external weather. Her mother, a devout Catholic, for whom saying *No* to others was a mortal sin.

What are the beliefs and ideals that keep you from saying *No* in healthy ways? From even allowing yourself to admit that you are overwhelmed, that you can't do it all? Whom did you learn these beliefs from? Is there an Inner Critic, an Inner Perfectionist, who drives you past your limits?

You can begin to pause, to take a moment to listen to yourself. Right now: Listen. Breathe. Listen.