



# Eating with Grace™

making peace with food, weight & body image issues

## JANUARY 2010 NEWSLETTER

*If other people felt safe to us, we would not have turned to food to meet our emotional needs in the first place.*

The Don't Diet Live-It Workbook

### 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

Asking for help -- why is it so hard? Why is it ESPECIALLY hard for overeaters?

Another therapist and I were pondering this over lunch today, and then I remembered the quote from the *Workbook* we use in the Eating with Grace groups, which is probably my favorite line in the whole book. To be able to admit, outloud, that other people don't feel safe -- wow, what a deal-breaker. That secret -- that other people don't feel safe to us -- can run everything. On the basis of that feeling and belief (which maybe we don't even really know we feel), we decide to *not* do things, *not* go places, *not* say things, and *stay in our room and hide from the world*, sometimes quite literally.

The other half of the secret is the belief that there must be something wrong with ME because other people don't feel safe to me. From the outside, it seems other people feel safe with other people. And yet when I hear people's stories, in counseling, on Skype, in group, I hear all the ways they've been hurt and shamed by other people, often the people closest to them. Not feeling safe with people develops from encounters with people who hurt you!

Skye was a really sensitive little girl whose parents fought a lot. Her earliest memory is of laying in her crib and hearing her parents yelling. Finally her dad, who was a heavy drinker (one of the things they fought about), just packed his bag and left. No goodbyes. Never came back. Dropped out of her life totally. Skye believed it was her fault. (Children think that whatever happens, it was because of something they did. We spend our lives growing out of this distorted perception!) She learned early on that she could suck her fingers and rock to soothe herself. Then she learned that sugary treats were really soothing.

It goes on from there -- to the chubby very sensitive grade school girl, rejected by her peers just like she was rejected by her dad. Rejection, dejection, depression. Turning to food to hide and soothe. Shame and hiding from others. What a HUGE thing it would be for Skye to turn to another person, share her true feelings, and ask for help. Does she even know what she wants help with?

So it is no wonder that when people need help with their eating, weight, and body image issues, they really really don't want to have to ask for help. One of the things we learn in recovery is how to tell the different between safe people and unsafe people. And how to ask for help in safe ways. It's possible to take a risk and be safe enough at the same time!

Sometimes asking for help is hard because we don't exactly know what to ask or how sometime is done. Here are links to how to choose a therapist:

<http://www.webmd.com/anxiety-panic/guide/how-to-find-therapist>

[http://ncptsd.va.gov/ncmain/ncdocs/fact\\_shts/fs\\_finding\\_a\\_therapist.html#choosing](http://ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_finding_a_therapist.html#choosing)

I offer 20-minute free consultations so that people can meet me (in person or on the phone or on Skype) and ask questions. Rebuilding a sense of safety inside happens one small risk at a time. You can learn to reach out AND stay safe!

contact Anya:

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