

DEPRIVATION OR REBELLION



Your answers indicate that the primary drivers of your overeating are
Deprivation and/or Rebellion.

By identifying and understanding the central drivers of overeating you can begin shifting the way you think about food, and begin feeling more empowered to take charge of your choices.

If deprivation or rebellion is driving your overeating, it's likely that you experience one or more of the following:

- ___ Have high standards and expectations, and judge yourself harshly when you fall short.
- ___ Tend to "should" yourself, regardless of what you actually do (which sometimes leads to feeling guilty about your choices).
- ___ Use food to reward "good" behavior / celebration.
- ___ Put off future dreams until you weigh or look the way you want.
- ___ Divide food, and eating behavior into "good" or "bad."
- ___ Judge yourself as "bad" when you eat "bad" food or engage in "bad" eating behavior.
- ___ Eat differently when you are alone than with others.
- ___ Are preoccupied with what you can or can't eat.
- ___ Have a list of "food rules" that you try to go by and feel guilty for indulging.
- ___ Engage in "last supper" or "last chance" eating because tomorrow is a new day and a new diet.

After reviewing the list above, take some time to think over ways that you might be using food for stress or overwhelm and jot those down as well.





Here's How Eating Helps You Cope With Feelings of Deprivation or Rebellion

Eating for reasons of deprivation or rebellion is completely rational. Eating may help you in one or more of the following ways:

- ___ To erase self judgment when you strive to be “good.”
- ___ To serve as an excuse to keep you from having to step out in a bigger way in the world
- ___ As a way to express rebellion, frustration and other dissatisfaction
- ___ As a socially acceptable means of getting your needs met.

It's [normal to use food for these reasons](#). In fact, preoccupation with what you eat and what you weigh is socially sanctioned “good” behavior in our society. External critical messages are everywhere. Additionally, the more you strive for perfection, the stronger your inner critic becomes, and the more you need to rebel. All of this dieting and restriction naturally leads to feelings of deprivation.



Here's The Downside

The ability of food to ease feelings of deprivation or rebellion is short acting. Additionally, if you aren't making careful food choices you might not be giving your body the nutrients it needs to sustain balance and energy over the long term. And this will only lead to more feelings of deprivation, which then leads to more impulsive eating.

You may be overworked and overstressed as well, thus there are a backlog of unmet needs that cannot be eased only through eating. When you do rebel by eating “bad” food, this triggers your internal judgment and gets you back into the cycle of deprivation followed by rebellion.

It's possible that you've lost touch with your body's ability to let you know what and how much food is needed.





Here's Something To Try

Give yourself permission in small ways.

Try paying attention to the ways you restrict yourself throughout the day. It might be by not eating food you want, or by not meeting other needs (such as for [sleep](#) or [setting boundaries](#)). Start small and give yourself permission to have some food you normally judge as "bad." You can also practice permission in the rest of your life such as by giving yourself permission to take a short nap if you're tired, or even to block out a weekend morning for yourself rather than errands.

Full permission means you drop the guilt and fully enjoy the indulgence. Whatever you are going to do or eat, do so with full pleasure.

This sounds easy but for many people the skill of giving themselves permission is actually very challenging. If you find yourself unable to do this without guilt, or looking to others for permission, that's only a sign that you could benefit from more support.

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You Are Not Alone



One client, Lindsey, came to see us because she felt unable to stop overeating. She would start her day off with a light breakfast and lunch, which she called “good.” But, in the afternoon, she would pick up her kids and find herself frantically eating their snacks. As we worked together, we realized that Lindsey had an extensive list of “bad” foods. She would deprive herself of calories and fat throughout the day and feel too hungry by the afternoon. And, the more she tried to make the “bad” foods off-limits, the more she craved them.

Lindsey also shared that when she was growing up, her needs were totally neglected. Even though she’d survived and created a healthy family, she still felt a sense of scarcity. Depriving herself of “bad” foods throughout the day brought her a sense of control, when on the inside, she felt completely out of control. She needed to give herself permission to change her food lists and nurture her body with balanced foods throughout the day.



Another client, Rebecca, ate whatever she wanted and said she didn’t feel deprived at all, but she wanted more control over her overeating. When Rebecca was a child, her mother placed high importance on external appearances. She constantly told Rebecca she was too fat and needed to diet. Rebecca carried a lot of anger toward her mother, but she buried it by eating all of the foods that her mother once banned. Although Rebecca felt like she was giving herself “permission” to eat what she wanted, she actually didn’t know what she really wanted. She only knew which foods she “should” eat to make her mother angry.

Rather than making her own choices, Rebecca was hurting herself in an attempt to defy the mother she’d internalized. She was depriving herself of what she truly wanted. In our work together, Rebecca began to release her anger in new, positive ways and identify what it is that she wanted for herself. Then, she began to give herself permission to live the happy, fulfilled life she craved.



Many people find that emotions of deprivation or rebellion are the primary driver of their unwanted eating. However, all of us at some point experience the other drivers. For this reason, we will be sending you the other reports as well.

And to further help you understand your unwanted emotional eating we will also be sending you a free e-course via email. We hope that this course brings you more clarity on what is driving your emotional eating.

