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DTB HORIZONS

**EAT**  
*LOVE*  
**HEAL**

ENDING EMOTIONAL EATING  
WITH SELF-TALK

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DTBHORIZONS.COM

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# welcome

## NICE TO MEET YOU

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Here's to embarking on this life-changing adventure together! Change the words we use, and our relationship with food and our body's- change completely, and in ways, we could never have imagined. I lived years stuck in a cycle of guilt, shame and self-sabotage and the way out was to change the words, and to change my relationship to dieting, food, my body and myself. I can't wait to show you the path.

I couldn't agree more with the quote "every thought we think is creating our future" Our inner and outer voice has a lot of influence on how the world perceives us, and also how we perceive the world. Our words are our world, don't let them bring you down. Every relationship problem we have, every challenge we face, everything we are is filtered through our inner dialogue.

When you decide to take control of your inner dialogue and speak to yourself in a way that is supporting you and not bringing you down - you are making a powerful statement to yourself that you matter, you are important and you love yourself. This shift in inner dialogue will affect every area of your life in a major way - especially the area of food and your body.

The greatest thing I hope you learn from me is, truly, to tap into the profound power of your own voice and know that it's one of a kind. Then take that voice and rise up, chase your dreams, and make this world into something so different and so much better.

*All the best,  
Lenora*



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The words you  
speak become  
the house you  
live in.

HAFIZ

# Introduction

## LETS GET STARTED

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The way in which you talk to yourself has a tremendous impact on your feelings, actions and experiences in life, especially when it comes to dealing with food and your body image. Your inner dialogue plays a huge role in the creation of your self-perception, self-beliefs and self-mentality and becomes the metaphorical sunglasses through which you experience the world.

The self-talk you have in regards to your eating is very important. Most people have never sat down and wrote out what they tell themselves before, during, and after they emotionally eat. If you can become aware of the dis-empowering self-talk and replace that with nurturing messages is where you can see a huge shift in yourself. This is taking responsibility for your self-talk and deciding how you want to talk to yourself. You get to decide if you talk to yourself kindly or not. When you take responsibility for your self-talk and decide to control it you will then be able to dismantle limiting beliefs, cultivate self-compassion, navigate your emotions, and overcome emotional eating.

The journey of self discovery begins when you are willing to look within. You acknowledge the need to listen to yourself and observe your self-talk. In order to rewire your brain, you must engage in inner dialogue that is positive, kind and empowering. You must be patient with yourself and practice this skill. I like to think of this as an Art. An art form you get to practice daily!.

I am inviting you to come on this journey with me and take a chance on discovering who you really are and how your inner voice can potentially control the decades you have left on this planet.

## WHY IT MATTERS

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The reason that self-talk matters is because it plays such an influential role on our life's voyage, and acts as one of the master keys to ending the dreaded emotional eating.

The way we talk to ourselves in our mind massively affects how we think of ourselves, the world, and how we relate to the possible future we hold. The harsh voice often makes us feel super anxious and worthless and then we often will mindlessly or emotionally overeat anything and everything edible.

So, by becoming more aware of the critical voice, and more mindful in general, we are actually opening ourselves up to being able to have a much kinder, far more compassionate inner dialogue.

When we change our self-talk to be positive our lives can dramatically change course.

When we change our self-talk—the words we use, the tone we employ, and the rhythm of our thoughts—into a force that uplifts, empowers, and cares for us, we rewire our thought processes at a neural level. This allows us to create new mental patterns and belief systems that redefine our reality, helping us break free from the cycles of emotional eating and embark on a path of healing and self-love.

Self-Talk

# Breaking Free

Many of us have developed the habit of engaging in negative internal conversations with ourselves, especially when it comes to our relationship with food and our bodies. These harmful forms of self-talk often manifest as:

***Self-criticism - Focusing on flaws, failures, inadequacies***

***Pessimism - Expecting the worst case scenario***

***Self-limiting beliefs - Doubting our abilities, imposing restrictions***

***Blame - Attacking or judging yourself***

***Comparisons - Measuring up unfavorably to others***

This is the repetitive self-directed negativity that keeps us locked in the cycle. It is repeated so often that many of us are not even aware that it is occurring, yet we hear it.

It is the "voice" that says, "I am so disgusting." "I hate myself." "I am so fat." "I am unworthy of love, happiness, success, etc if I don't look a certain way."

It is these limited beliefs about ourselves and our journey to heal our relationship with food that keeps us locked in a head space of disempowerment. It erodes our self-confidence. It stresses us out. It makes us anxious. It makes us depressed. All of which will just cause us to emotionally eat even more.

*The words we use really do have the power to shape our experiences with food and our bodies. If you are in the habit of speaking to yourself critically, your perceptions of many experiences – including challenging ones – may end up characterized by helplessness and a sense of victimhood. The result? You stay stuck in the same old thinking grooves over and over, continuing to perpetuate your unhealthy emotional eating patterns*

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Your words are the greatest power you have. The words you choose and their use establish the life you experience.

SONIA CHOQUETTE

# Your Tools

Here are some of the powerful tools that I use every day when working 1:1 with my clients and in my group coaching courses to help them transform their inner dialogue around food and body image. With consistent practice, you can form new mental habits that empower you through encouraging inner conversations about food and your body.

- **Self-compassion:** What advice would you give a friend in your situation? Now, tell yourself the same. Show that same kindness and understanding to yourself, especially in moments of struggle.
- **Reframing:** Counter negative phrases with positive, uplifting alternatives. For example, "I'm a failure for overeating" becomes "I'm learning and growing in my journey to heal my relationship with food."
- **Journaling:** A journal is a really helpful tool in unearthing and challenging old beliefs that no longer serve us. Process these thoughts and emotions through writing, and explore alternative perspectives and reframes. (\*Be sure to use an actual pen and paper-not a computer.)
- **Gratitude:** Be grateful for the strength and resiliency of your body and for small wins and progress you make as you learn to listen to your body.
- **Visualize:** Imagine yourself in a harmonious, spirited relationship with food, and apply your senses to this picture.
- **Challenging limiting beliefs:** Challenge any negative self-talk / limiting belief + thoughts triggered by food or your body? Is this thought 100 % true, or is it a product of diet culture or poor body image ?



# Better Questions

Asking ourselves high-quality questions is a simple and effective way to shift limiting self-talk around food and body image. The questions we habitually ask determine our focus and the answers we receive. By changing our questions, we open up minds to new possibilities for healing and increased awareness.

Your brain is a question-and-answer machine, like a search engine. Understanding this can help you ask better questions and receive more empowering answers.

## Types of Questions:

- **Affirmation questions:** Focus on strengths, talents, and resources you already possess. Examples: "What are some ways I've nourished my body with love today?" or "What unique qualities do I appreciate about my body?"
- **Reframing questions:** Turn problems into opportunities. Example: "What is this difficult moment with food trying to teach me?" This builds resilience in the face of setbacks.
- **Solution-focused questions:** Zero in on actions to improve a situation. Example: "What three small steps can I take this week to prioritize mindful eating?" This boosts self-efficacy and confidence.
- **Self-compassion questions:** Provide support during hard times. Example: "What kind words could I offer myself right now as I navigate this challenging relationship with food?" This builds emotional resilience.

Remember, you have the ability within you to shape your inner dialogue, and thus your relationship to food and your body. By consistently turning to empowering questions, you will begin to notice the wisdom and strength and resilience that reside within you.



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Words are seeds. They do more than blow around. They land in our hearts and not the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day.

UNKNOWN

# Questioning Affirmations

The first person to introduce me to the power of 'questioning affirmations' was my coach, and now it's become one of my most frequently-used tools. Questioning affirmations, based on the work of Noah St. John and others are an incredibly effective way to change your mindset and create positive shifts in your life.

## How Questioning Affirmations Work:

- How would you feel if you could effortlessly get super-focused on solutions you needed?
- What if there was a way to amplify your existing strengths so that they contribute even more to your happiness, achievements, inner peace?
- How good would you feel if you could easily uncover, activate and utilize inner resources you already possess?

## Questioning Affirmations for Emotional Eating:

Affirmations are empowering questions that change your subconscious thought patterns from negative to positive. When applied to emotional eating, questioning affirmations can be particularly powerful. Instead of focusing on the challenges and setbacks, you ask questions like:

- Why am I making such healthy choices for myself today?
- What am I doing differently that allows me to feel more at peace with food? How am I showing my body love and respect in this moment?
- What is becoming easier for me as I heal my relationship with food?

The result that occurs in your brain when you regularly focus on these empowering questions is that over time, your brain eliminates old neuro-connections that make it hard to find empowering solutions, and builds new neuro-connections. On the following pages, you'll find a series of positive affirmations to help you get started.



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When you change  
the way you look at  
things, the things  
you look at change.

WAYNE DYER



# Questioning Affirmations

- **What steps am I taking to ensure I treat myself with compassion and understanding?**
- **What steps am I taking to ensure I treat myself with compassion and understanding?**
- **What has empowered me to embrace self-love in every aspect of my life?**
- **What steps am I taking to ensure I treat myself with compassion and understanding?**
- **What actions am I taking to cherish and honor my body and mind?**
- **What is becoming easier for me as I heal my relationship with food?**
- **What insights am I gaining about my emotional triggers for overeating?**
- **What is allowing me to feel deeply connected to my purpose?**
- **What new coping strategies am I developing to manage stress and emotions?**
- **What new perspectives am I gaining on the role of food in my life?**
- **What small victories am I celebrating in my journey to heal emotional eating?**
- **What new self-care practices am I incorporating into my daily routine?**



# Questioning Affirmations

- How am I successfully integrating self-love practices into my daily life?
- How am I able to quiet my inner critic and be my own cheerleader?
- How have I learned to be more present to the gifts in myself and others?
- How have I become so good at creating healthy daily routines that support me?
- How am I learning to trust myself around food?
- How am I becoming more mindful and present during meals?
- How am I showing my body love and respect in this moment?
- How am I cultivating a more compassionate inner dialogue around food and my body?
- How am I honoring my body's unique needs and preferences?
- How am I becoming more accepting and loving towards my body?
- How am I learning to honor my emotions without using food to numb or distract?
- How have I developed such a strong resilience, allowing me to gracefully navigate through life's ups and downs?
- How have I learned to remain fully present, savoring each moment and the unique experiences it brings?

# Questioning Affirmations

- **Why am I capable of healing my relationship with food and my body, one day at a time?**
- **Why am I more grateful than ever for my body and all it does for me?**
- **Why am I excited about the positive changes I'm making in my relationship with food?**
- **Why does every new day present me with a fresh chance to nurture my growth, embrace learning, and celebrate my successes?**
- **Why am I confident in my inner wisdom and strength, knowing they guide me through any situation?**
- **Why am I increasingly choosing actions motivated by love and self-care, rather than fear or compulsion?**
- **Why am I excited to discover the freedom and peace that comes with healing emotional eating?**
- **Why am I worthy of investing time and energy in my self-care and healing?**
- **Why do I hold the firm belief that I am deserving of a life filled with joy, purpose, and fulfillment?**
- **Why am I deserving of a peaceful, joyful relationship with food?**
- **Why am I feeling more confident in my ability to make nurturing food choices?**
- **Why do I find myself in a state of inner calm, feeling grounded and at peace with who I am?**

# Success Stories

In my years as a coach, I have had the privilege of watching so many women transform their own lives by using the power of self-talk and the tools and exercises that I write to you about in this book. Their inspiring stories and results are a testament to the healing, growth, and change that is possible when you start tapping into your own potential.

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**Sarah's Story: Visualization and Reframing** Sarah, a mother of two, battled with emotional eating most of her life until she completed the visualization and reframing techniques. She now sees herself as a confident, healthy woman who makes nurturing choices, and shares how she turned her relationship with food and herself around by changing her perspective and trusting in her ability to transform.

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**Rachel's Story:** A smart, dedicated professional, she was her own worst food and body critic. Among the techniques I implement during individual coaching sessions, Rachel discovered how to use journaling for herself—no judgment allowed. By extending herself one critical kindness she'd offer a dear friend, Rachel was able to seriously alter her own inner dialogue, hitting the "internal peace" zone with food.

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**Margo's Story:** Margo, a single woman in her 40's, was trapped in a cycle of restrictive dieting and binging. By participating in the Eat, Love, Heal: Healing Emotional Eating with Compassion 6-week group coaching program and using questioning affirmations, she shifted her focus from restriction to possibility. With the group's support and her newfound inner strength, Margo built a healthy relationship with food and her body rooted in trust and self-love.



# Your Control

Transforming your relationship with food and your body through the power of self-talk is an ongoing journey of self-discovery and growth. As part of the journey you may experience setbacks and challenges, which is normal when you are on your way to recovery.

Do not beat yourself up over them, but rather, use them as an occasion to learn more about yourself and to deepen yourself.

Have faith in yourself to alter your life perpetually.

Repeated practice and application will strengthen these metaphors and therefore the path we're presently following can become easier and a lot of automatic over-time.

**You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.**

**-Amelia Earhart**

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***Thank you for being here and taking part in the concepts and practices in this book. My wish is that by sharing these empowering understanding and tools.***

***If you got value from this book please pay it forward, and give it to someone you think will get value out of it so they can live a remarkable life with fulfillment and help us support each other in becoming bigger stronger better beings we have been all along.***

*Be sure to follow for more!*



# Want to learn more?

## Discover Your Path to Transformation

To delve deeper and explore personalized guidance on your journey towards healing, I warmly invite you to connect with me.

**[DTBHorizons.com](https://DTBHorizons.com)**

Here, you'll find resources, stories, and the opportunity to schedule a complimentary consultation with me. Our session will be a heart-to-heart conversation to understand where you are on your journey and how I can best support you.

My core mission is to empower individuals to release the shackles of emotional eating and to discover a life of balance, joy, and fulfillment. It's about more than just managing food—it's about nurturing your whole self, cultivating self-love, and embracing the richness of life.

**In our 1:1 sessions or through the transformative experience of the Eat, Love, Heal: Healing Emotional Eating with Compassion, we will navigate the complexities of emotional eating together.**

**You'll learn practical, evidence-based strategies tailored to your unique story, fostering *real and lasting change*.**

**Are you ready to step into a life where food is nourishment, not a battleground?**

**Where every day brings you closer to the version of yourself you've always known you could be?**

Disclaimer: Although these services provide valuable benefit and assistance to one's well-being, personal care and progress, they are not a substitute for psychological services, or medical treatment and care. Please consult with your therapist and/or physician before proceeding with these services. I support the coordination of services for a client that is under the supervision of a therapist and/or physician.

*get to know me*



## ABOUT ME

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As someone who had struggled deeply with critical inner voices, a limited mindset, negative thought patterns, anxiety and an eating disorder, I know firsthand that it is possible to break free from those limiting thoughts and self sabotaging behaviors.

What took me more than a decade to understand, I can break it down for you in one simple sentence.

**It is all about your language.**

The language you use to talk to yourself, to talk about yourself and to talk to others.

Change the way you speak to yourself and changes will happen faster than you can possibly imagine.



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What the mind can conceive  
and believe, the mind can  
achieve regardless of how  
many times .you may have  
failed in the past or how lofty  
yours aims and hopes may be.

NAPOLEAN HILL