



Laura  
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## **STOP OVEREATING ROADMAP**

*Create your own personalised plan*

## Global ideas and labels

I'm an overeater

I just eat too much

I'm a binge eater

I'm overweight

## A new way of understanding my overeating

I'm a person with some unhelpful eating habits.

I have learned them over many years, and with patience, I can unlearn them.

The human brain is designed to create shortcuts. My brain works perfectly.

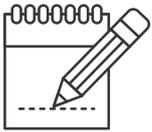
My habits aren't just the behaviours I see. My eating is driven by habitual thoughts and habitual emotional reactions.

My weight is just extra energy my body has stored.

# We're going to create three mind-maps or 'spider diagrams'

Like this 

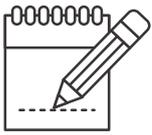




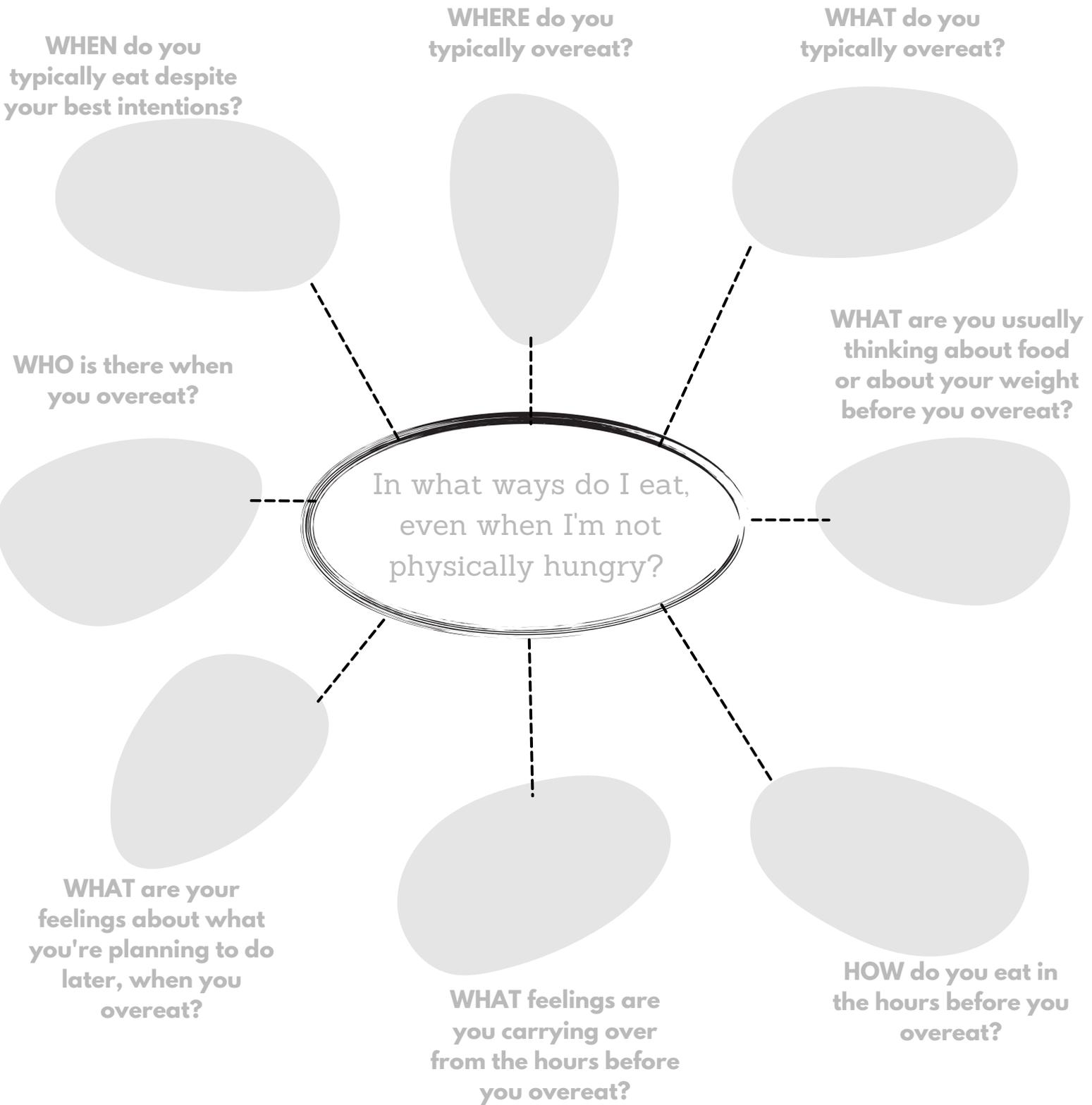
- Circle and write over any or all that you relate to.
- Add in any new ideas that are unique to your situation. For instance, if you want to be more attractive, why. If you want to be healthier, in what ways? What would your health allow you to do or not do that you desire?



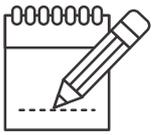
# Map 2: What are my overeating triggers?



- Fill in the ovals with any ideas that come to you.
- Add in extra ideas as offshoots.



# Map 3: In what ways do I overeat?



- Fill in the ovals with any ideas that come to you or use the suggestions on the following page to copy or cut out.
- Add in extra ideas as offshoots - for example, which emotions? Which habits? What kind of work scenarios?

EMOTIONS

QUANTITY

BINGES

CERTAIN FOODS

In what ways do I eat,  
even when I'm not  
physically hungry?

PAIN

SOCIAL

HABITS

WORK

I eat **EMOTIONALLY** - eating to not feel uncomfortable feelings, or to try to feel positive ones.

Once I start eating, or slip up, I don't stop, or even **BINGE**.

I feel **OUT OF CONTROL** around specific foods, or have really strong specific cravings.

I **SNACK** for fun.

I have **HABITS**, for example, I always have biscuits with my tea, or nibble leftovers while clearing.

I have certain of the week or **WEEKEND** when I eat more than I need.

I eat **SOCIALLY**, to fit in and please people.

I **OVEREAT** in quantity until I'm **FULL** or maybe even stuffed at meals.

I eat to celebrate, **RELAX**, and reward myself.

I eat things that arrive in my life by surprise opportunity - eg when someone brings a gift of food.

I eat to get through difficult work, to keep going or 'give me **ENERGY**'

I eat when I have physically low feelings, such as being **TIRED**, having a **PERIOD**, or being in **PAIN**.

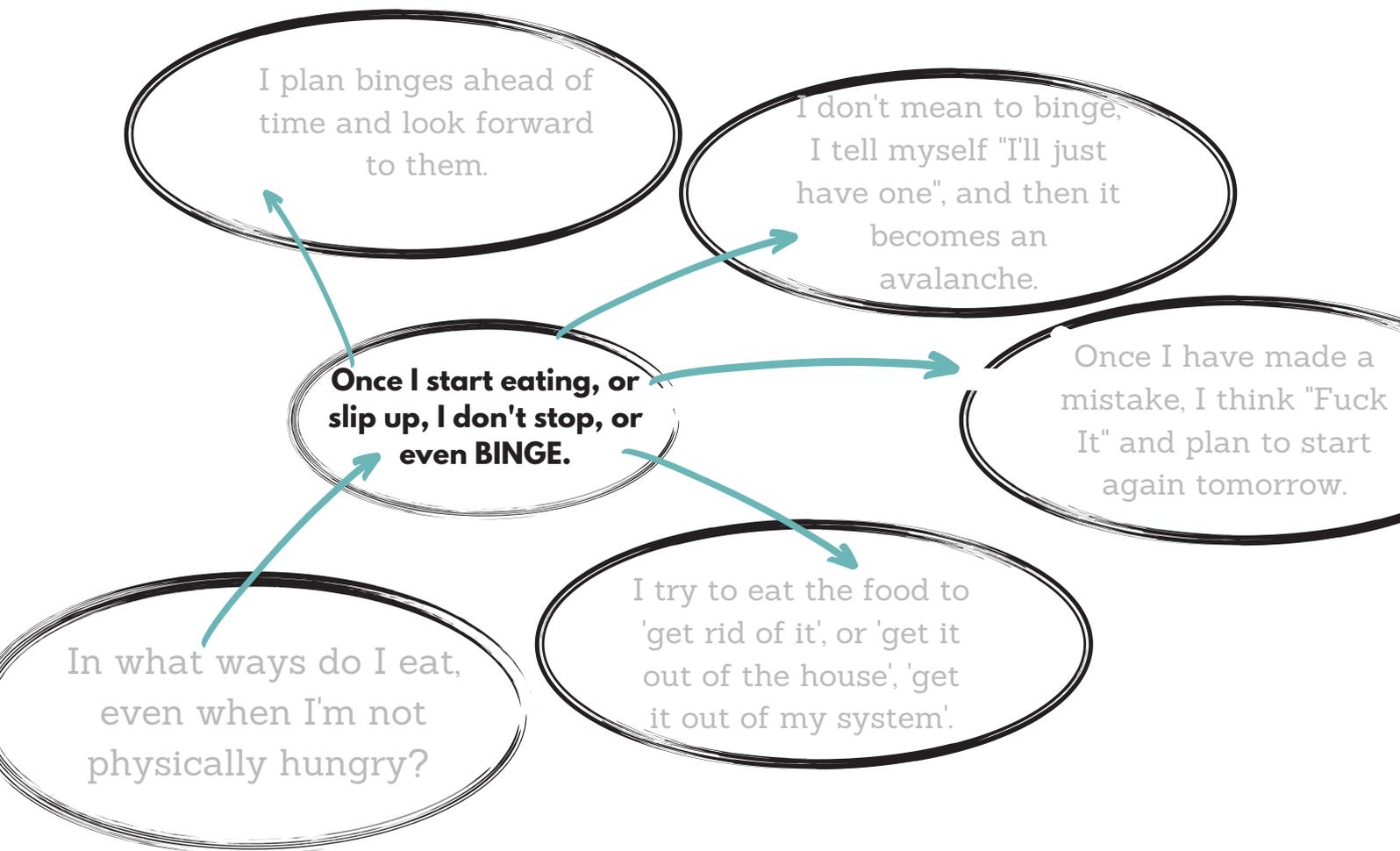
I eat with my partner - it's our way of being intimate

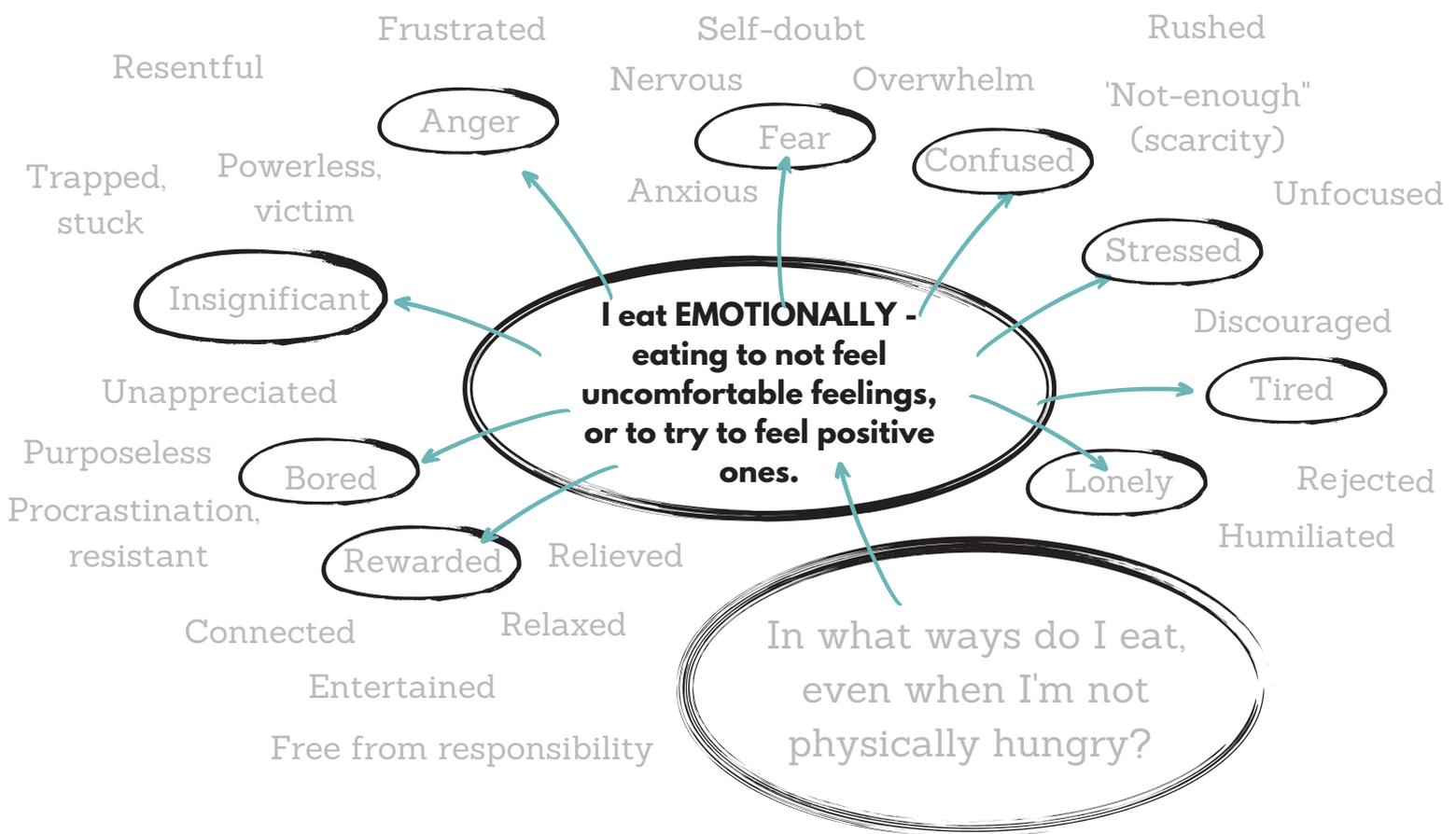
I eat to have a 'legitimate' **BREAK**, or some time alone.

I fantasise about **BINGES** and plan them ahead of time.

# Some examples

How to add detail to your mind maps.





# We are all a collection of habits. Pick one to start on.

When we behold the whole picture, it's easy to allow ourselves to sit in confusion or overwhelm, and to believe our stories of past failures that tell us this is impossible, or "I'll be the person this doesn't work for".

That's natural, it's human to think we're extra specially super broken. It just means it's time to seize your power. And your power, oh sensational woman, is in making decisions.

Right now, I want you to circle one habit to work on for 30 days.

- If you plan to begin coaching with me, we'll pick the one that will have the biggest impact - because once we've shifted a big rock, you'll see results in your weight and your confidence.
- If you are still trying to DIY it, pick the low-hanging fruit and build your confidence from there.

*Tell yourself this:*

"When I bring my habits onto my radar, by putting them on paper, I am making an agreement with myself:

I am studying my habits, not judging myself for them.

If there are a lot of ways I eat when I'm not hungry right now, that's great - I can see a lot of doable ways to uplevel my eating.

If I patiently change these habits and the thoughts and feelings behind them one by one, I can see how I can lose the mental and physical weight for good."

To arrange coaching:

Send me a simple email.

**hellolauralloyd@gmail.com**



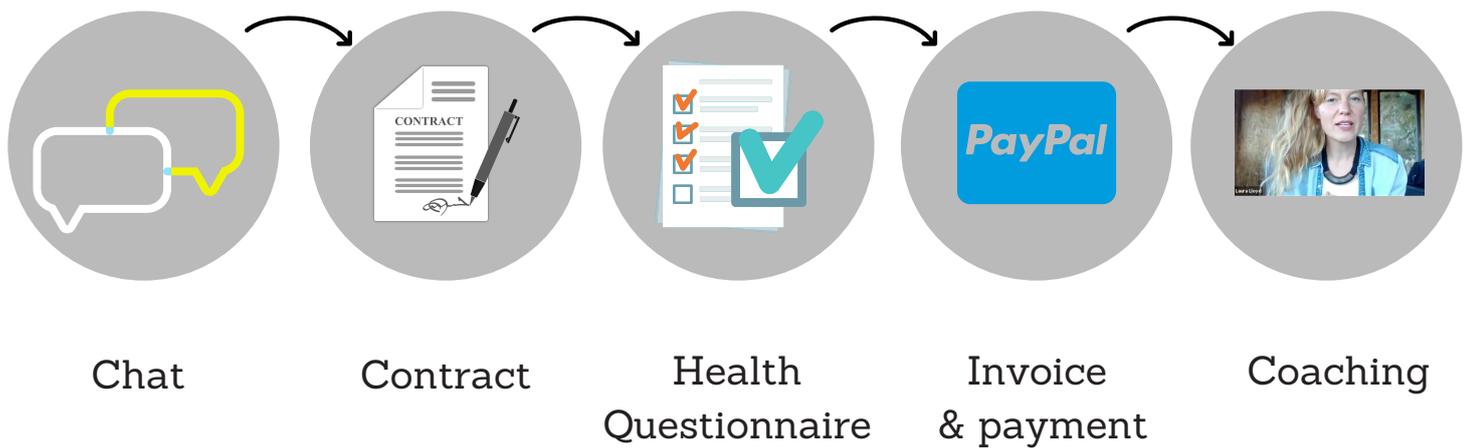
Tell me:

- Your time zone.
- When you're typically free to talk.

Go here first for prices and coaching options:

**[www.lauralloyd.co/get-coaching](http://www.lauralloyd.co/get-coaching)**

# Arranging coaching is a simple process.





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