

# Free Guide

## Break the Cycle

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# Welcome

In case we haven't met yet, I'm Celia!

After 15 years of supporting women to heal from binge eating, emotional eating and body struggles, I've learned that true transformation doesn't come from controlling food, it comes from reconnecting with ourselves at the deepest level.

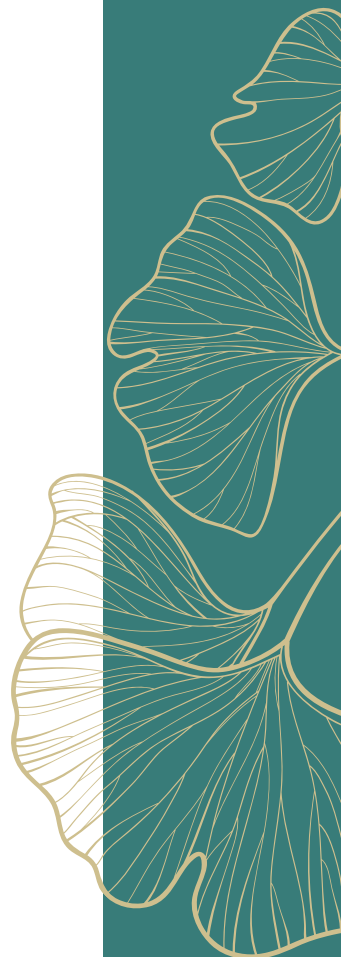
I offer a gentle, powerful path back to your inner wisdom, one that honours your sensitivity, your strength and your capacity to heal.

The work isn't about fighting harder.

It's about trusting deeper.

And I'm here to walk this path with you.

Celia ♡



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# Identify the Trigger



Binge or emotional eating can feel overwhelming, especially when the urge to eat intensifies in the moment. With the right strategies and mindset, you can learn to manage these urges effectively, regain control and make healthier choices. This guide is designed to provide practical tips to help you navigate those challenging moments and make more supportive choices.

## Getting Started: Identify the Trigger

Identify if the urge is driven by physical hunger or emotional hunger. Are you physically hungry or are you feeling something?

### Signs of Physical Hunger:

- Evolves slowly
- Physical cues e.g. grumbling stomach, difficulty concentrating
- Any food works
- Unrelated to emotions
- Eating satisfies hunger

### Signs of Emotional Hunger:

- Occurs all of a sudden
- No physical cues (emotionally driven)
- Craving specific foods, often high in sugar or fat
- Triggered by emotional experience (e.g. stress, boredom, fear)
- Eating does not satisfy hunger.

If you are physically hungry, it is time to honour your hunger and have something to eat. If you recognise you are emotionally hungry take a look at the following 3 options.

# Regulate the Body



## Option 1: Regulate the Body

As emotional hunger is driven by our emotional experience, we focus here on learning strategies to better support ourselves as our feelings arise.

It can be helpful to understand our feelings as energy that needs our attention in order to move through the body. If we don't attend to our feelings, they get stuck and will attempt to resurface another time. By ignoring our felt experience, we are simply delaying the inevitable.

If we are used to using food to numb or distract, some of our Parts can be fearful of feeling the feelings as it's unfamiliar. They fear that if we create space for our felt experience, our feelings will intensify and lead to overwhelm. In order to support these Parts we slow things down...

Pause. Breathe. Create Space.

Here are two simple breathing techniques and one tapping technique that supports nervous system regulation to increase safety inside the body and support our Parts to be able to begin to feel the feelings.

### The Physiological Sigh

Take a deep inhale followed by a short second inhale, and then an extended slower exhalation. Repeat one or two more times.

### The 5 Finger Breathing

Hold one hand out in front of you. With your other hand, trace the thumb and each finger, up as you breathe in, and down as you breathe out, then take a few deeper, slower breaths. Repeat as many times as you need to.

# Connect to your Eating Part



## Tapping

Take your right hand and place it gently around your upper left arm and your left hand gently around your upper right arm. Start tapping the upper arms alternating between left and right. Experiment with the speed and pressure to see what works best for you. Do this for as long as is needed.

## Option 2: Connect to your Eating Part

Emotional hunger and the intense urge to eat triggers our Eating Part to intensify and take up all the space inside. It's often young and compulsive and steps into the driving seat with little idea of the consequences for other Parts inside.

You can help this Part by letting it know you are here too, validating its experience and offering reassurance. Here is a script to help you get started:

*"I hear you and I see you. I understand how important it is for you to eat right now. It makes so much sense that you believe food is the one thing that will help me in this moment. I hear you and I see you, you are not alone, I'm right here with you."*

*Together we are going to try something different. We are going to pause together so we can practice being with the feelings inside. I know this will be hard for you as you will want to eat instead. I'll be right here and we can do this together. I hear you, I see you, you are not alone, I'm right here with you."*

**Additional Support:** You might want to suggest to the Part that together you do one of the regulation techniques shared above.

# Seek out a Supportive Alternative



## Option 3: Seek out a Supportive Alternative

Binge eating can activate reward centres in the brain and release dopamine, often referred to as the 'feel good' hormone. The urge to eat compulsively is often influenced by this desire for a dopamine 'hit'.

Having alternative activities (unrelated to food) that offer us a similar hit can be vital in supporting us to break the habitual pattern of binge eating.

Consider what activities bring you some level of joy or satisfaction and create a list so you can experiment with these alternatives when the urge to eat arises. Here are a few suggestions to get you started:

- Listening to your favourite songs
- Singing
- Dancing around the house
- Playing an instrument
- Taking a walk in nature
- Doing something creative
- Getting or giving a hug.

Experiment with these different options to see what feels most supportive and aligned for you.

## Breaking the Pattern

Some of us may be able to break the habitual pattern of binge eating almost immediately, for others it takes more practice. If we do find ourselves returning to old patterns of binge eating, we can focus on these next steps below.

# Releasing Shame and Guilt



## Releasing Shame and Guilt

The first response that often surfaces following a binge eating episode is shame and guilt. You beat yourself up for 'loosing control' or for your 'lack of will power' when binge eating is actually an attempt to meet your unmet need. You simply don't yet have a better strategy.

**Binge eating is not the problem, it's a message from inside about what needs healing.**

### The Power of the Pause

As you begin to notice the overwhelming shame and guilt emerge, I encourage you to harness the *power of the pause*. The pause creates a essential space BETWEEN the feeling and your response. Without the pause the shame or guilt will drive you straight into replaying the negative stories you are so familiar with. The pause brings opportunity to change the pattern.

Within this space I invite you to focus on getting curious and if possible offering yourself compassion. You cannot be critical and curious (or compassionate) at the same time. As soon as you start to move into either a place of curiosity or compassion, your shame and guilt will begin to dissipate.

### Curiosity

To support you in getting curious, I invite you to reflect on the following questions:

- What happened right before I ate?
- How was I feeling right before I ate?
- What did I like/dislike about that eating experience?
- What did I actually need in that moment?

# Summary



## Compassion

We can offer ourselves compassion by using kind words expressed in a gentle tone of voice, here is an example to get you started:

*"I see you, I hear you, I'm right here. You are trying your best and I'm so proud of you for working on this. I've got you, I'm right here. We can get through this together."*

## Summary

Identifying the trigger is our first step in breaking the pattern of binge eating. If it's physical hunger, we can honour our body and nourish ourselves with food. If it's emotional hunger we can support ourselves by:

- Regulating our body and increasing safety inside
- Connecting to our Eating Part and offering connection, validation and reassurance
- Seek out a supportive alternative
- Create space through the power of the pause
- Get curious and offer yourself compassion.

These are great strategies in the short term and can be a vital bridge to support us until we can do the deeper healing that needs to happen inside.

# Next Steps



## Congratulations on Taking This Step

You've just taken an important step towards breaking the cycle and I want you to know that I'm so proud of you! The fact that you're here, identifying your triggers, learning to regulate your body and connecting with your eating part *is* the work.

Most people stay stuck because they try to fight their way out. But you're doing something different. You're learning to listen, to lead and to meet yourself with understanding instead of punishment. That's what creates real freedom.

## And That Freedom Means Getting Your Life Back

Binge and emotional eating doesn't just affect your relationship with food, it steals your most valuable assets: your time, energy and confidence. It keeps you thinking about food when you could be fully present channelling your energy into your work, your creativity, and the impact you're here to make.

But that stops here.

Now that you've begun breaking the cycle, the next step is making these shifts second nature, so you don't have to think about food all the time. So that self trust replaces self doubt, and you can show up in your life and business with clarity and confidence.

This is exactly what I'll guide you through in my FREE masterclass. In just 60 minutes, you'll learn how to move beyond managing binge or emotional eating and start dissolving its power altogether.

# Next Steps



In this masterclass you'll discover:

- The **missing piece** that keeps even the most self aware women stuck in the binge or emotional eating cycle and how to finally break free.
- Why **traditional approaches** like willpower, intuitive eating, and mindset work often fall short, and the deeper solution that actually works.
- The **proven 3 step process** to move from food driven coping to self trust, so you can finally find lasting peace.

**You've Already Started. Now Let's Keep Going.**

Your healing is happening. Every moment of awareness, every act of self compassion, every shift toward a new way of being, it all matters. And I'd love to support you in taking this work further.

**[Access Your Free 60 Minute Masterclass Here](#)**

Your freedom is waiting. Let's do this together.

*Celia* ♥

# Next Steps



Congratulations on taking this important step towards food freedom. Healing is a journey, and every step forward matters.

To support you further, I'd love to invite you to tune in to my podcast **Rooted and Resourced**, where we explore powerful tools, insights, and strategies to help you:

- End binge and emotional eating
- Rebuild unshakable self trust
- Create lasting peace with food.

[LISTEN HERE](#)



Each episode is designed to inspire and empower you with bite sized lessons and practical takeaways to move you closer to the life you deserve. Let's continue this journey together.

With love and much gratitude.

*Celia* ♥



Let's stay in touch!



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