

Four P's of the Journey

If you are an emotionally addicted eater, as you go along leading with the diet, you're probably going to find the diet leading you to some surprising new feelings and thoughts. Don't be afraid of them. They are legitimate and they are forming the new "inside" thin you.

It's okay to explore them. That's what you DON'T do when you binge instead, at the first sign of inner disharmony. Try taking some little risks and go ahead and just LET your mind spread out a little in the direction you most likely find yourself wanting to stop it from going. When you feel agitated, uncomfortable, feel like "changing the subject" in your mind or moment.

Patience is a key, that's really just another word for abide.

And of course ALWAYS keep a food plan "underneath" you as you allow yourself to gently experience/face these exciting, sometimes scary, feelings, memories and thoughts.

Because *if you were an addicted eater*, one of your life-long patterns with uncomfortable feelings/thoughts is to bolt into a pan of brownies or run back to your cave and brood with a gallon of ice cream and a spoon.

Patience is absolutely a key, so is Perseverance (**with the DIET**), and then just lots and lots of plain old boring Practice at feeling feelings without eating them down or away.

So it boils down to four P's. Plan, Patience, Perseverance, and Practice.

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