



## *The Deep Dive Eater*

### **How To Know If You're In It**

- You realize how deeply your emotions affect your food choices
- You feel discomfort at beginning to deal with emotions
- Life may feel chaotic at times as you're learning how to take care of and express yourself on a deeper level
- Your food choices feel easy and effortless most of the time
- You aren't caught up in the binge/diet cycle
- Food begins to take a backseat as the deeper issues begin to surface

### **What To Expect Emotionally**

- You may feel fear around the intensity of your emotions
- You have new levels of confidence around food
- You can order what you want from a menu and feel at ease
- You are trusting your body more and more
- You are very in tune with your body and hear its signals all the time

### **What To Focus On In This Stage**

- Tools and coping mechanisms for dealing with emotions
- Learning to express yourself emotionally
- Getting comfortable with vulnerability and discomfort
- Taking care of yourself and experimenting with what makes you feel nourished
- Meditation/Reflection

## **Benchmarks To Hit Before Moving To Stage 4**

You are dealing with your emotions on a daily (or almost daily) basis

You developed a daily/weekly self-care routine

The “perfectionism” demon is beginning to loosen its hold on you

You regularly make time for meditation and silence