
URGE

We mostly respond to our desire to eat with our conditioned urges. We feel an urge, and it feels “urgent”. We respond to this urge by overeating. This overeating gives us an immediate reward and perpetuates the “thought error” cycle.

1 What exactly does an urge feel like when it first appears?

2 What does it feel like when you try to resist it?

3 What does it feel like when you react and “obey” it?

4 What does it feel like when you don’t react or resist, but you allow it to simply exist? Describe in detail.

5 If an urge is caused by a thought error, what is your most common thought error that causes overeating?

6 What would the process of allowing an urge be like for you? How would your thoughts change? How would your feelings change? How would your actions change? How would your results change?

7 What is a skill you would need to develop to feel instead of eat?
Describe it.

8 How would this skill serve you in other areas of your life?
