


STOP Welcome to
BODY BLAME
 Reclaim your Life
 from Obesity and
 Emotional Eating.
 Successfully
 defeat both with a
 restricted
 protocol from
 EMDR Therapy.

Session 5

Catalyn Milnes ©2021
 Catalyn@emdrconsultant.com.au



EMDRAA
 EMDR Association of Australia

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Session 5

Trying it for yourself!

**This is not a weight
 loss programme**

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**ARE YOU READY TO TRY
 THIS FOR YOURSELF?**

Sometimes you can dive right in, as you know the comfort food, know the emotion. Sometimes we need to delve a bit deeper. However, let's have a go.

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Eye Movements Worksheet: Disconnect the pleasure from the experience of eating that food using Eye Movements. Describe the following:

- Food?
- Physical Setting: where are you when you first think of this food?
- When do you first think of this food?
- Physical Sensations you experience thinking of this food
- Positive Emotion

• DTE (Desire to Eat) = out of 10
 0 is no desire and 10 is irresistible.
 Number of sets of EM needed to reach DTE of zero =
 Any comments, insights, memories to record?

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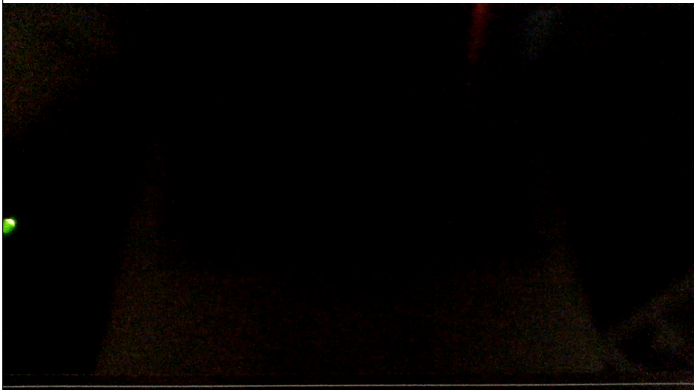
INSTRUCTIONS

Follow the lights with your eyes.
 When they stop note what is the same, what is different?
 Is the comfort food the same or different?
 Does where you are, stay the same or does it change?
 Does sensation in your body stay the same, changes.
 Does any other memory occur?
 Do you feel the same or different?
 Has your DTE (Desire to Eat) score out of 10 changed or not?

So picture that comfort food, where you are when you desire it, what sensations of eating it are, what emotion you are anticipating, how it feels in your body and follow the lights with your eyes.

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FOLLOW THE LIGHTS



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- Take a breath, let it go, now what do you notice.
- Perhaps you notice a change in your physical sensations, maybe there is a new memory, an event, perhaps there is a change in an emotion, or you notice your DTE is lower.
- Go back to the food, what is your Desire to Eat score out of 10 now? 0 is no desire and 10 is irresistible.

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FOLLOW THE LIGHTS



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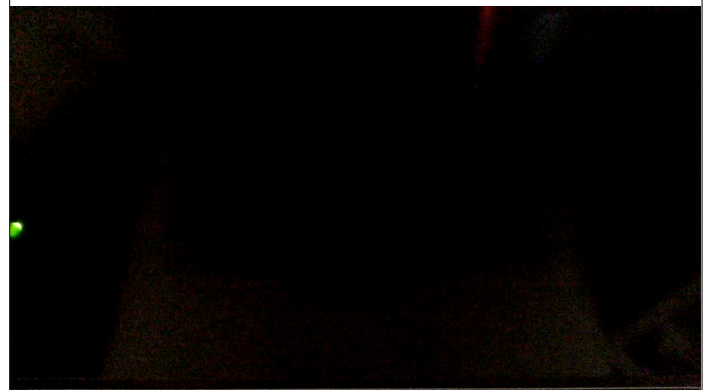
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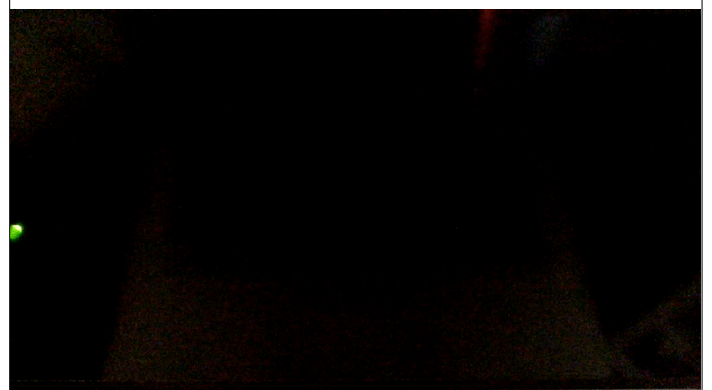
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IS YOUR DTE ZERO?

- Even if your DTE is already = 0, just continue for a few more sets.

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AFTERMATH

- ✓ Is your DTE = 0?
- ✓ Afterwards we usually have negative feelings of guilt or shame when get past zero about our over eating.
- ✓ If your DTE is not a zero, rewind and continue until it is.
- ✓ Sometimes we need to delve deeper so keep watching the following videos for more understanding.

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