



# THE 4 ROOTS OF EMOTIONAL EATING®

## A BEGINNER'S GUIDE

With Jessica Procini, Founder of Escape From Emotional Eating®

# ***The 4 Roots of Emotional Eating: A Beginner's Guide***

Welcome to The Beginners Guide to The 4 Roots of Emotional Eating!

Now that you've taken The 4 Roots of Emotional Eating Clarity Quiz, I am so excited for you to learn about these 4 Roots that are triggering emotional eating and teach you a way to start working with them in your life.

My high recommendation is that you create the space to be fully present with this guide, take in all it has to offer and follow through on the exercises at the end. The more you put into this, the more you will receive from it.

Let's dive in!

***Jessica***



# *What are the 4 Roots of Emotional Eating?*

## *Fear*



Fear is an uncomfortable feeling triggered by the perception of danger. That danger can be either real or imagined. Fear can feel like your own personal (and collective) hell.

When fear is expressed in your relationship with food, it'll manifest as compulsion, addiction, overeating, under-eating, obsession, reward, punishment, restriction, resistance, blame, despondence, denial, or resignation.

## *Hyper-Vigilance*



Hyper-Vigilance is an enhanced state of sensory sensitivity, such as being on "high-alert" or always feeling "on." This heightened state is often coupled with anxiety and eventually causes exhaustion. My clients often describe it as feeling "tired but wired."

When acted out, hyper-vigilance can show up as perfectionism, always wanting to be in control, being busy-busy-busy, or like nothing you do will ever be good enough.

# *Self-Abnegation*



Self-Abnegation is denying or sacrificing yourself to win the approval of others. Some examples of self-abnegation showing up in your relationship with food are:

- Eating foods that you know you shouldn't eat, but do it anyway because everyone else is eating them.
- Skipping lunch or letting yourself get too hungry.
- Doing so much for everyone else (sometimes to the point where you don't know what you want or need).
- An addiction to busy-ness

# *Self-Loathing*



Self-Loathing is an underlying feeling, often unconscious that you are not good enough. When self-loathing is present, it can look like:

- Being hard on yourself Beating up on yourself.
- Self-deprecation often through sarcasm or humor.
- Self-punishment with food.
- Restrictive behavior with food Deflecting or discounting compliments

# How do these roots drive the emotional eating cycle?

First, let's do a quick review of the emotional eating cycle at a birds eye view.

Let's use a real-life example to walk through this.

Let's say you ate a healthy dinner like grilled salmon, green beans, and a small salad. After dinner, you had one of your favorite chocolate truffles for dessert. These are the dairy-free, gluten-free ones made with coconut sugar, so it doesn't spike your blood sugar.

You start unwrapping one truffle, pop it in your mouth and say, "Yum. This is fun!"

Then in what feels like a blink of an eye, you've eaten the entire bag. When you finally realize what you've done, you say to yourself, "I know I shouldn't have done that." You feel guilty and ashamed. Your stomach starts to ache.

You want answers: Did something or someone take over my body? How did this happen? WHY DID I EAT ALL THAT?

Feeling confused and frustrated, you attempt to recover by making a bold but empty promise to yourself like, "I won't buy those truffles again!" or "I'll work this off tomorrow!"

You're "good" for a little while...Two hours, two days, two weeks TOPS.

Only to find yourself going through the cycle again and again and again and again.

## Why?



Because your real issues – The Roots of YOUR Emotional Eating – have not been addressed.

You can take two approaches to heal emotional eating. Just like weeding your garden!

You can choose Option A – to take a weed-whacker and chop those pesky weeds off at the soil level. \*whack\*whack\* whack\*  
\*whack\*whack\*whack\*whack\*whack\*whack\*

BUT in a little time, they pop right back up again. Pretty soon, you're spending every sunny Saturday weed-whacking your garden.

OR you can choose **Option B** – pull the weeds out from the roots, once and for all leaving your Saturdays FREE! You are now open to doing whatever your heart desires, like sitting in the sun and relaxing with a good book while you sip iced tea.

***Which option would you like to choose going forward?***

I can personally tell you that weeding is back-breaking, and emotional eating is a personal hell, so I chose option B.

Perhaps up until this point, you wanted to choose Option B, like there was always a part of you that knew your emotional eating isn't normal. But you've never known what the roots ARE or how to work with them so you can root emotional eating out.

UNTIL NOW! YAY!

This is why I'm so glad we're connecting! My work is so much deeper than all the things you've tried in the past.

I can confidently say that everything you've tried in the past – the diets, meal plans, portion control, insane exercise routines, even decades of therapy – have been a valiant effort to gain control of your eating. BUT they are a complete mismatch for truly healing emotional eating.

Because they are all considered Option A! Diets, meal plans, portion control, exercise, YES, and even therapy are surface approaches. They are just weed whackers that leave the roots behind, leaving YOU **very frustrated!**

When The Roots Of Emotional Eating (the specific energetical, emotional, psychological, and spiritual factors and their direct connection to food) are not addressed, specifically and head-on, the emotional eating cycle continues to grow.

Many people will go their entire lives tangled in the emotional eating cycle. Mainly because they didn't know there was another option or because they're too scared.

I sincerely hope you are not one of those people.

# *Here's what's possible when you DO heal the roots of your emotional eating*



“ The quiz and guide have helped me understand WHY I do things the way I do.

Before I took the [4 Roots Of Emotional Eating Quiz](#) for the first time, I had no idea that the four roots were related to emotional eating. I couldn't put the two together. Then, I took the quiz, and my results showed me my Root Of Emotional Eating was hyper-vigilance. I could see how this was me. I was a perfectionist.

Throughout my journey here at Escape From Emotional Eating, I learned a lot about who I am and how my Root plays into my emotional eating. Thanks to Jessica and the tools she has taught me, I have let go of my perfectionist tendencies and learned not to be rigid. These tools have helped me develop a sense of trust in myself. As a result, I can manage my worry and not let the anxiety take over and drive my actions.

Now I have been free from emotional eating for over two years. Thanks to Jessica and my experience learning about the 4 Roots Of Emotional Eating, I can now see how the roots are interconnected. The quiz and guide have helped me understand WHY I do things the way I do, and being aware is the first step to healing my roots of emotional eating.

**Deb Lucash ♥ Hamilton, NJ**

*Advance Program Client*



## “ I no longer use food to numb or self-sabotage.

When I first started my Escape From Emotional Eating journey, I would sneak through the fast food drive thru, scarf down a meal, then hide the evidence hoping no one will discover my shameful secret addiction. **I would always tell myself, “just this one, I’ll do better next time” but never did.** Gaining 20 pounds in 6 months really scared me. I felt out of control with food and wanted to take back my control, my health and my life.

**Now, I feel free. I no longer use food to numb or self-sabotage.** I know how to manage my energy and FEEL my feelings. Even though I lost 40 pounds (which was way beyond what I expected), I no longer obsessively monitor my weight. My blood pressure has come down into the healthy, normal range. I prioritize rest and no longer push myself to the point of total exhaustion. **This work has not only transformed my relationship with myself, but also with my mother, ex-husband, my husband, my children and the Divine.**

Recently my yoga teacher said to me, **“You look really great. And not just that you’ve lost weight but you have a more calm, positive, happier energy around you.”** Thank you Jessica for helping me get there!

**Christine Coffee ♥ Pittsburgh, PA**

*Escape Program Client*



## “ I have a healthy, nourishing relationship with food and my body that feels second nature to me now.

Before my Escape From Emotional Eating journey I was pushing so hard I didn’t realize the impact that it had on me physically and emotionally. I worked 14-18 hour days even though **I was completely exhausted.** I would mindlessly eat all the time and look down at an empty plate and not even remember eating it. I had trouble sleeping and was on medication for high blood pressure. I also had this “dessert monster”. When it would come to “visit” I would feel really compulsive around food. When it would take over, **I was unable to stop.** I finally decided to Escape From Emotional Eating because **I didn’t want to be numb for the rest of my life.** I wanted to be present with my friends and family and truly feel fulfilled every day.

**Now, I am no longer an emotional eater!** I have been free from emotional eating for 11 months and counting! I have a healthy, nourishing relationship with food and my body that feels second nature to me now. It is so easy to move toward food when I am hungry and away when I am full. **Food is fuel to me, even during intense, stressful or challenging times.** I am sleeping well naturally and consistently getting 7.5 hours of sleep a night. I am no longer on blood pressure medication. The “dessert monster” is completely GONE! **I don’t need to use food to cope anymore.**

**Lynda P ♥ Hiram, GA**

*Escape+ Program Client*



“ I feel comfortable in my own skin and I feel like myself again.

For years and years when it came to my relationship with food, I thought I had a lack of willpower. I felt like I just didn't have it, like I wasn't disciplined enough. I felt like a failure from trying so many diets but never being able to get control of my eating. I had been struggling with stress eating in the afternoon and evening for over 14 years.

My emotional eating was holding me back from achieving the other goals I had.

I committed to Escape From Emotional Eating because I wanted to finally break through my emotional eating. This program was different than anything I had tried before. **It was a complete paradigm shift and I realize now, it's not about willpower or dieting or working out a lot, it's so much deeper than that.** I am so grateful for this program and the support to get to the root, my core issues, with food. I am also grateful to know and share with the other ladies in the group because I learn a lot from them too.

I conquered the after-work / after-school stress eating. I no longer binge eat! I had been struggling with that for 14 years and now it's gone!

I feel so different now, so much more peaceful and centered. **I can manage my energy and emotions where they no longer trigger me to eat.** I've learned tools to work through them like Digesting Emotions. I am feeling comfortable in my own skin and I'm feeling like myself again because I had lost myself for a long time.

**Susie K ♥ Oxnard, CA**  
*Escape Program Client*

# Let's start with this!

Healing emotional eating will require you to look more deeply at yourself: your thoughts, feelings, and behaviors. We cannot heal what we cannot see. Therefore, the remainder of this guide contains a series of fill-in-the-blanks, questions, and exercises to support you.

My high recommendation is that you complete this section fully. Don't cut any corners. Don't skim through it and say, "Oh, I'll do it later," only to forget about it.

Healing emotional eating is about behavior change, so follow through and complete these exercises fully. Pen to paper. All the way so the healing process can begin!



## Fill in the blank:

**My dominant root of emotional eating is** \_\_\_\_\_.

(Fill in the blank with your Clarity Quiz Results)

**Go back to page 1 and re-read the description of your dominant root. What resonates with you?**

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## ***Now, let's take this all further and deeper!***

Using the journaling prompt associated with your dominant root, write out, on the back of this page, what is true for you. Do not rush this process or cut corners. Be as detailed and complete as you can. Get it ALL OUT. Allow yourself to look deep within yourself and be honest. Write it ALL OUT, purge your fear, hyper-vigilance, self-abnegation, and self-loathing on paper. Consider this a deep cleanse of your inner emotional closet.

**Fear:** I am afraid \_\_\_\_\_.

Perhaps you carry secret fears... of loss, tragedy, or you're always waiting for the other shoe to drop. Write it all out - purge it on paper.

**Hyper-Vigilance:** I feel unsafe in\_\_\_\_\_.

Perhaps you feel unsafe in your body...in feeling your emotions...perhaps you feel unsafe in your job, relationship... or maybe you have no idea what it feels like to feel safe truly. Write it all out - purge it on paper.

**Self-Abnegation:** I hide myself, so others won't hate me for being who I truly am\_\_\_\_\_.

Perhaps you've subconsciously chosen to "stay silent and stuff it" as a bargaining chip to win the approval of others...perhaps your don't want to offend anyone or be seen as "too much." Write it all out - purge it on paper.

**Self-Loathing:** I hate\_\_\_\_\_.

Perhaps there's something about yourself that makes you feel ashamed...perhaps you did something that makes you cringe or cycling through thoughts of "I should have" and "why didn't I"... Perhaps there's something you are judging yourself for. Write it all out - purge it on paper.



# Visualization

Pro tip: It can be helpful to read this visualization into a voice memo and play it back. That way, you can take in the full experience of it. Read it slowly, so when you hear it, you have time and space to allow your mind to exercise in this.



See yourself standing in a beautiful garden. It's a warm sunny day. You are surrounded by beautiful plants, flowers, and golden light.

As you walk through the garden, you notice a large weed growing. You can tell it's roots are strong. It has had many years to develop. You see that this weed is so big and robust it is suffocating the nourishing plants that surround it. Imagine this is your weed of emotional eating, suffocating your energy, power, and life force.

Now ask your Higher Power to join you in the garden. Allow this to appear in whatever form or image you see in your mind.

Together, you walk over to the weed.

Together, you pull it out.

Do not rush through this vision. Hold it for as long as you can. If you find yourself disconnecting from it, return to it again. Allow the pain and patterns to leave.

See the space and opportunity for new nourishing growth.

# *One final thought...*

YAY! You did it! Congrats on completing the Beginner's Guide to The 4 Roots of Emotional Eating! You've taken an excellent step in the direction of your healing!

YAY!

I hope we'll continue to stay connected via email and social media! You can find me on:

Email: [Support@EscapeFromEmotionalEating.com](mailto:Support@EscapeFromEmotionalEating.com)

[YouTube](#): to get another taste of the work I do.

Instagram: [@JessProcini](#). I'm barely on here, but you can spy on me.

Healing emotional eating is a process, so stay with it!

In service to your freedom,

***Jessica***