ACTION PLAN WEEK 6

This week’s focus is on **UNDERSTANDING & PROCESSING EMOTIONS.** It’s time to become more aware of what you feel, and learn how to effectively process and release these emotions so they don’t build up or remain repressed inside. Emotional freedom is a key component to reducing emotional eating, because as you clear emotional wounds from the past you become less triggered in the present so the need to eat is less. And if you do find yourself reaching for comfort food, you now have new strategies and tools to use instead of food. Dedicate 30 minutes a day (or more) to complete a worksheet, tapping process or meditation. **Tip:** The areas in blue are suggestions of when to complete each item.

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|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Read and practice the strategies in Understanding Your Emotions. |  |  |  |  |  |  |  |
| Complete the Guided Meditation\_Mindfulness of Emotions |  |  |  |  |  |  |  |
| Read and complete Feelings Underlying Eating Issues and Emotional Peace Procedure. |  |  |  |  |  |  |  |
| Practice Tapping Audio\_Emotional Wounds (as many times as you want to experience ease and freedom from the feelings present). |  |  |  |  |  |  |  |
| Complete Week 6\_Journal Prompts & Self Reflection. |  |  |  |  |  |  |  |
| Practice any other tapping scripts/audios as needed based on what comes up for you. |  |  |  |  |  |  |  |
| Complete the Eating & Wellbeing Questionnaire and return it to Sarah as a mid-way check-in. |  |  |  |  |  |  |  |
| |  | | --- | | Complete the Anger & Authority worksheet before our next call. | |  |  |  |  |  |  |  |