



Emotions & Eating DVD Worksheet

1. Growing up, Cindy's family's motto regarding mealtime was, "Whoever eats the _____ gets the _____!"
2. At what age was the last time that Cindy felt safe in her childhood home? _____
3. Until Cindy was able to acknowledge the role that _____ played in her life, she was not able to sustain any weight loss.
4. Food will become an _____ when we continue to hear God say one thing about how we should care for our bodies and then not do it.
5. God did not create us to _____ food. He created us to _____ Him and to _____ other people.
6. Often times we let food become our _____ and we learn to cope with our _____ by using food.
7. The more Cindy associated food with emotions, the more she _____ and the more she _____ the more unhappy she became.
8. 2nd Corinthians 1:4 says that God _____ us when we are troubled so that we can _____ others.
9. **ARE YOU AN EMOTIONAL EATER?** (answer the following questions, yes or no)
 - a. Do I sometimes put food in my mouth before I realize I've done it?
 - b. Does eating cause me to feel stressed or guilty?
 - c. When I get into a disagreement with someone or I'm bored, do I think of eating?
 - d. Do I eat more when I have a lot of time on my hands?
 - e. I do not have a strategy for dealing with my emotions that doesn't involve eating.
 - f. Does eating something fattening early in the day negatively affect my food choices for the whole day?
 - g. Do I consider food my enemy or my best friend?
 - h. Do I wander around thinking I want something to eat but don't know what it is?
 - i. Do I crave something to eat even when I am not hungry?
 - j. Do I sometimes snack to avoid doing something else I need to do?
10. Being an emotional eater means: You handle your emotions by _____ them and in the process you are _____ your body as well.
11. When we turn to something other than God for _____ we settle for less than what He intends and often we begin to _____ on that thing. We were created to depend on God.
12. A stronghold is some _____, some _____, or some _____ that dominates us. A stronghold pushes God out of _____ place in our lives.

2nd Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God and we take captive every thought to make it obedient to Christ.

13. Emotions are based on our _____.
14. Repetition of a new _____ is very important.
15. God always gives us a way _____ of a stronghold.

16. Corinthians 10:13

No temptation has seized you except what is _____ to man. And God is _____; he will not let you be tempted beyond what you can bear. But when you are _____, he will also provide a way out so that you can stand up under it.

17. God wants us to enjoy _____ and to use _____ but He wants us to depend on Him.
18. All strongholds are _____-based.
19. It is not about our _____. It is about His _____.

Do you believe God will bring you through this process? Can you trust Him enough that He will be faithful to His promise?