

Principle 7: Cope with Your Feelings with Kindness

“Find ways to comfort, nurture, distract, and resolve your issues with kindness. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won’t fix any of these feelings. It may comfort in the short term, distract from the pain, or even numb you into a food hangover. But food won’t solve the problem, If anything, eating regularly for an emotional hunger may only make you feel worse in the long run. You’ll ultimately have to deal with the source of the emotion, as well as the discomfort of eating beyond comfortable fullness”

(Tribole and Resch, 2025)



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

Coping with Emotional Eating



1. Am I biologically hungry? If yes, honor your hunger!



2. What am I feeling? Write out your feelings. Call a friend and talk about the feelings. Talk about the feelings and record them into your phone. Just sit with the feelings and experience them if you can. Talk to a counselor or a psychotherapist.



3. What do I need? Will food fulfill some unmet need?



4. Would you please...? Asking for what you need.

Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING



“Seek
Nurturance” -
solo or with
others, things
that nurture your
senses.

Find a different
distractor if you
usually use food
to distract.

Summarized from *Intuitive Eating, 4th edition*. Tribole and Resch, 2020



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

How Coping with Food Serves Me	How Coping with Food Dis-serves Me
• It tastes good.	• It's not a satisfying eating experience.
• It's reliable—it's always there.	• It disconnects me from my body.
• It keeps me from feeling bored.	• It disconnects me from relationships.
• It soothes me.	• I feel overfull and uncomfortable.
• It numbs my bad feelings.	• I'm numbed to the joys of life.
• It gives me something to control.	• I feel too hungry and grouchy.

From *Intuitive Eating, fourth edition*. Tribole and Resch, 2020.

