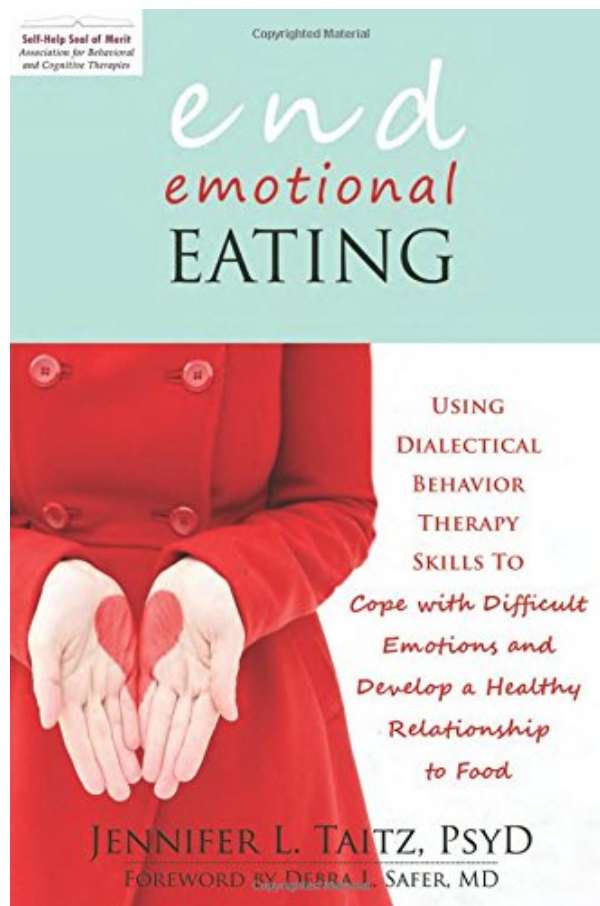


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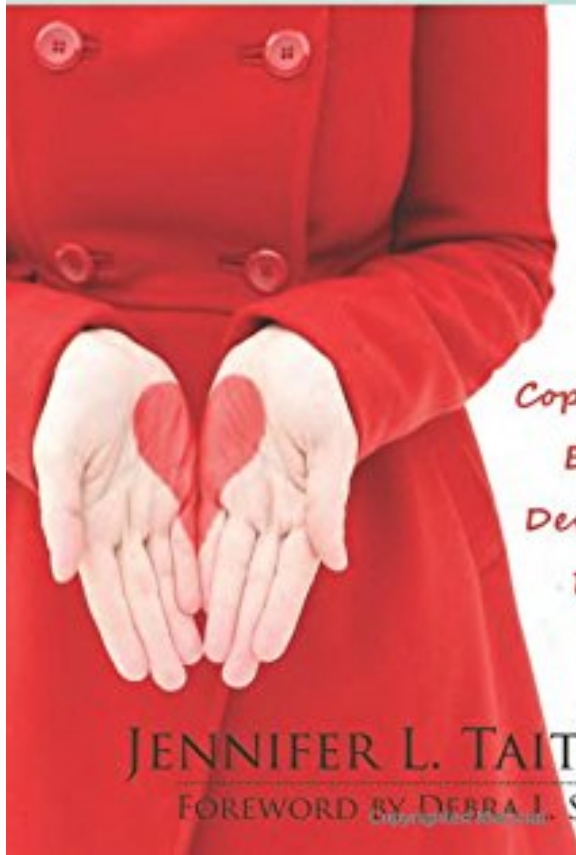
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USING
DIALECTICAL
BEHAVIOR
THERAPY
SKILLS TO

*Cope with Difficult
Emotions and
Develop a Healthy
Relationship
to Food*

JENNIFER L. TAITZ, PSYD

FOREWORD BY DEBRA J. SAFER, MD

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If you eat to help manage your emotions, you may have discovered that it doesn't work. Once you're done eating, you might even feel worse. Eating can all too easily become a strategy for coping with depression, anxiety, boredom, stress, and anger, and a reliable reward when it's time to celebrate.

If you are ready to experience emotions without consuming them or being consumed by them, the mindfulness, acceptance, and dialectical behavior therapy (DBT) skills in End Emotional Eating can help. This book does not focus on what or how to eat—rather, these scientifically supported skills will teach you how to manage emotions and urges gracefully, live in the present moment, learn from your feelings, and cope with distress skillfully.

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- Published on: 2012-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.25" w x .75" l, .75 pounds
- Binding: Paperback
- 256 pages

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38 of 38 people found the following review helpful.

Scientific, relatable, and practical

By Sarah

I've read a lot of books about healthy eating and mood disorder therapy, not to mention seeing professionals on the subjects, and I have to say *End Emotional Eating* is one of the best books I know. I find it scientific, relatable, and practical.

That said, it's harder than it sounds to "sit with" emotions without letting it turn into feelings of deprivation. This is something I'm still practicing, so I've summarized the key points below to remind myself (and you, if you're interested) most especially in those times of weakness what I can do to truly have a positive relationship with food and why it's best for living a life I value.

Concept

Dialectical Behaviour Therapy (DBT) is based on accepting reality because suffering comes from trying to fight pain. Radical acceptance is an active process of "purposely adopting an open, nonjudgmental receptive stance" while at the same time deciding whether or not to change the way you respond, often choosing to accept commitments required to take action in order to live life fully.

It is illusory correlation to believe an increased urge to binge means an increased need for it. In fact, urges come and go, whereas "the more we indulge in a habit, the more habitual it becomes." Giving into emotional eating takes away opportunities to develop other coping skills making you believe it is the only way to cope.

Thinking about food may be less painful than some emotions, but emotional eaters then develop pain and suffering around food. Emotional eaters tend to be more sensitive to rewards as demonstrated in caudate nucleus response research. In fact, motivation is fleeting and unnecessary. "Action leads to action."

Recommendations

"Accept life as it is without indulging or controlling." Pain can be "something you experience in the service of living according to your values." Being mindful of this can foster self-compassion and empathy with others. Self-compassion involves kindness and warmth while maintaining realistically high standards.

Focus on changing behaviour rather than trying to control feelings. "You don't have to feel willing to behave willingly." Master mental aikido by weaving and surfing, not throwing punches. Be in the present, aware of the full experience, and problem solve. "Look at the thoughts rather than from the thoughts."

Strategies

Distress tolerance refers to "both your perception of your ability to sit with physical or emotional pain and also the behaviour of tolerating difficult feelings." Hold stories about your abilities lightly. Avoid trying to control foods or experiences.

Self-soothe mindfully without food if you need to restore your energy and mind state for problem solving. Build a reservoir of options for all your senses like a scented washcloth, avoiding those that may exacerbate pain like sad music. Take care of yourself by holding yourself accountable, keeping soothing from becoming avoidance.

Urge surfing describes “a technique to observe the rise and fall of a craving ... skilled surfers ride above waves and maintain balance in every circumstance ... dancing on water.” To surf urges:

1. Slow down your mind and body.
2. Let go. Nonjudgmentally observe the urge. Consider your senses, thoughts, and urges.
3. Refocus. Notice your surroundings, your feelings, and how consequences relate to what you really value.
4. Choose. Where is the urge now? Are you willing to watch it rise? Can you practice letting the discomfort exist for just a little while longer than you might otherwise, before you give in to it?

Mastery is about “purposely scheduling activities that engender a sense of confidence” improving overall belief in the process of improvement and one’s abilities. Identify realistic goals and regularly challenge yourself. Focus on mastery in different areas for the sake of mastery rather than trying to control feelings.

To address judgment, create two pie charts. One represents relative importance of main areas of your life most important to you now. The second represents what you would like to matter in how you aspire to live your life. Consider the following common values and really “taste” them: family, partner, friends, work, education, fun, spirituality, community life, physical self-care, environment, and beauty. Notice how overvaluing eating and appearance can lead to undervaluing other areas of your life and more vulnerable dependent on one area more than a variety of factors.

Virtues describe “a set of moral standards that can guide us in how we implement our values,” giving our values-based actions detail. “When we focus on values, we let go of measurements and focus on living with virtue.” Living according to values during tough times requires devotion and skill. Practice skills in advance by imagining yourself executing the behaviour in certain situations, reflecting on thoughts and feelings. Make detailed plans.

Although this summary covers all the information I deem key, there is obviously more detail on what, how, and why to end emotional eating in the book, including additional tools like accessing wise mind and acting opposite. I highly recommend this book!

21 of 21 people found the following review helpful.

End Emotional Eating

By Booger99

I have read many books on binge eating but none have given me hope as much as Dr Taitz' End Emotional Eating.

It is very intelligent book yet easy to read and understand. I especially liked the idea of sitting with your urge and "surfing" through it. She emphasizes that feelings and urges come and go and we can learn to ride the waves of the urges till they past.

The main message is accepting your feelings and your-self; also being as compassionate with yourself as you'd be with others. We binge eaters are very hard on ourselves and in this book you will learn to be patient and understanding with yourself, We don't have to eat our feelings away there is a way out and this book will help show you the way. I am a 62 year old male and I have binged all my life but now I feel great hope that help has finally arrived.

I also like when Dr Taitz asked if you made a life pie-chart how much of it would be taken up by your concern and worry over eating and its pain I was stunned to realize it would take up at least 90% of mine.

25 of 27 people found the following review helpful.

the REAL key to weight loss

By DoctorLA

This is NOT another diet book. This is the secret to maintaining weight without dieting and keeping the weight off. Why didn't somebody come up with this sooner! The root of the diet issue is managing emotions

and this teaches you to do just that. As a physician, I'm delighted to see this available.

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