

Dr. Christine Sauer

40 Affirmations to Help Emotional Eating



Cultivating A Positive
Relationship With Food And
Stopping Emotional Eating

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How to Overcome Emotional Eating with Havening Techniques®

Learn to Lose Weight, Keep it Off for Good, and End Unhealthy Food Cravings and Compulsive Overeating



This little book can help you to get started on your way to free yourself from the chains of cravings, compulsive overeating, emotional eating and eventually obesity.

[Please read the Epilogue](#) to learn more about our programs to heal your relationship with food and end emotional eating with [Havening Techniques](#).

Havening is a gentle, kind, psychosensory method proven in neuroscience that, when done daily, can rewire your brain in a positive way, help you to let go of the root causes of overeating and obesity and restore a feeling of control over your eating.

Havening has also been shown to help people who struggle with stress, especially post-traumatic stress, to remove the emotions attached to traumatic memories and rebalance and restore our body, mind-soul connection and so effect healing of the whole person.

Recent research has shown that havening is superior to other methods to help lose weight and especially to end cravings and compulsive overeating and keep it off your "extra baggage" in the long term.

The author is a physician, naturopath, Certified Brain Health Coach and a [Certified Havening Techniques Practitioner](#) (and more) and has used this method to help herself end her unhealthy attachment to certain foods, cravings and emotional eating and keep over 100 lbs. of lost weight off for over 17 years.

How to Use Your Positive Affirmations

20 Ideas on How to use Positive Affirmations for Best Results

Positive Affirmations Can Have a Huge Impact on Your Happiness and Success in Life.

If used correctly, they are a form of positive self-talk and can "overwrite" our negative chatter, the negative thoughts that are constantly coming and going through our mind.

Learning to let go of the negative self-talk and learn to "install" new, kinder, gentler, positive self-talk in our brain and mind is one of the most important skills in life.

"Whether you believe you can or you can't – you are right" – Henry Ford

You can use positive affirmations together with [Havening Techniques®](#) to "supercharge" your brain and mind for success in any of your endeavors.

Use them anywhere, anytime.

Consistency is Key.

Repeat often.

Write them down on a sticky note and stick them on your bathroom mirror or any place where you go frequently.

Here are 20 Ideas on How to use Positive Affirmations for Best Results:

1. **Morning Ritual:**
Start your day with positive affirmations. Repeat them while getting ready or during meditation.
2. **Mirror Affirmations:**
Look into the mirror and say affirmations aloud. This reinforces self-love and confidence.
3. **Gratitude Affirmations:**
Combine affirmations with gratitude. For example, "I am grateful for my health."
4. **Affirmation Journal:**
Write down affirmations in a journal. Reflect on them regularly.
5. **Visual Reminders:**
Place sticky notes with affirmations on your mirror, desk, or computer.
6. **Affirmation Cards:**
Create small cards with affirmations and carry them in your wallet or pocket.

7. **Affirmation Walks:**
Repeat affirmations while taking a walk or practicing mindfulness.
8. **Affirmation Playlists:**
Record affirmations and listen to them as you go about your day.
9. **Affirmation Art:**
Create artwork or posters with your favorite affirmations.
10. **Affirmation Breathing:**
Breathe in while saying an affirmation and exhale negativity.
11. **Affirmation Mantras:**
Use affirmations as mantras during yoga or meditation.
12. **Affirmation Affirmations:**
Yes, affirmations about affirmations! Reinforce their effectiveness.
13. **Affirmation Sticky Notes:**
Place affirmations on your fridge or bathroom mirror.
14. **Affirmation Screensaver:**
Set your phone or computer screensaver to display affirmations.
15. **Affirmation Affirmation Partners:**
Share affirmations with friends or family.
16. **Affirmation Visualization:**
Imagine your desired outcome while repeating affirmations.
17. **Affirmation Before Challenges:**
Say affirmations before facing a difficult situation.
18. **Affirmation Bedtime Routine:**
End your day with positive thoughts and affirmations.
19. **Affirmation Gratitude Jar:**
Write affirmations on slips of paper and put them in a jar.
20. **Affirmation Board:**
Create a vision board with images and affirmations.

Discover Havening Touch®: A Revolutionary Neuroscience Technique to Alleviate Your Stress and Anxiety

Could Havening - hugging yourself in a certain way be the key to alleviate your stress, overeating, anxiety and depression?

The science says yes...

Many people these days feel **overwhelmed with stress and anxiety**.

And small daily rituals can help manage this effectively...

Let me introduce you to **Havening Techniques** and how it can help you to de-stress and “turn down” the anxiety response and improve your sleep.

You already heard of techniques like meditation, deep breathing, personal time, and turning off non-essential notifications on your device.

All these can have a real positive impact, as can exercise, which releases endorphins, quiet time to improve happiness, and screen free time.

In a world where **stress and anxiety are common and time seems to run faster and faster**, small actions help in a bigger battle.

But here's another science-backed, highly impactful weapon to add to your arsenal: Havening.

What are Havening Techniques®?

Havening, also known as Amygdala Depotentiation Technique (ADT), is a **powerful psycho-sensory therapy** that has gained recognition for its effectiveness in **reducing anxiety, post-traumatic stress and improving overall well-being**.

Developed by Dr. Ronald Ruden MD PhD and his twin brother Steven Ruden, this groundbreaking technique involves a **unique combination** of touch, attention diversion, and positive visualization to help individuals overcome anxiety and emotional distress.

Havening, at its simplest, involves self-touch in specific areas, distractions and positive affirmations.

More technically, it's using self-soothing techniques to induce "**amygdala depotentiation**," which essentially means **calming and retraining the emotional part of the brain** that can drive us into a state of stress and anxiety.

It may sound very personal and emotional, but it's supported by real scientific research and respected experts.

Here's why.

Firstly, Havening works by targeting the **amygdala**, which is the part of our brain **responsible for processing emotions, including fear and anxiety**.

During a havening session, a trained practitioner guides you through a series of gentle touch movements on specific parts of your body, such as your arms, face, and hands.

These touch movements **stimulate the production of delta waves in your brain**, which are associated with deep relaxation and emotional regulation.

[Learn Self-Havening for Resilience, Stress Relief and much more in my Masterclass:](#)



So, How Exactly Does Havening Help With Anxiety?

Let's dive into the details.

Before the certified havening practitioner commences with the havening touch movements, you are encouraged to focus on the anxiety or distressing memory that you want to address and rate your dis-stress on a scale of 0-10.

Next (ideally together with an experienced Havening Techniques Practitioner) **you apply gentle and rhythmic stroking touch** of the arms, palms, and face while focusing on distracting thoughts and images.

The tactile stimulation helps activate delta waves in the brain, which are associated with **deep relaxation and emotional regulation**, while the distractions allow the brain to remove the chemical structures (receptors) on the surface on the amygdala that used to connect your memory with the dis-stressing emotion of anxiety or fear.

As you engage in Havening, **you may notice a gradual shift in your emotional state**. The distressing memory or anxious thought may begin to lose its intensity, becoming less emotionally charged over time.

This process is known as "**depotential**," where the neural connections tied to anxiety are weakened, leading to a reduction in anxiety symptoms.

If you rate your dis-stress **after only 7-10 minutes of havening**, you will notice a decrease, often strikingly significant.

It's important to note that Havening should ideally be performed **under the guidance of a Certified Havening Techniques Practitioner**.

They possess the knowledge and expertise to tailor the technique to your specific needs and ensure its **safe and effective implementation**.

[Book A Call With Dr. Christine Sauer \(FREE\)](#)

This attention diversion technique **helps to interrupt the neural pathways associated with anxiety and rewire them for a more positive response**.

Furthermore, havening incorporates the power of positive visualization.

While engaging in the touch movements and attention diversion, you are guided to visualize a safe and calming place or imagine a positive outcome related to your anxiety trigger.

This visualization technique helps to create new neural connections that associate the trigger with feelings of safety, calmness, and confidence.

The combination of touch, attention diversion, and positive visualization in havening helps to disrupt the anxiety response at both the physiological and psychological levels.

By stimulating delta waves and rewiring neural pathways, havening promotes deep relaxation, emotional release, and ultimately reduces anxiety symptoms.

It is important to note that havening is not a one-time fix but rather a process that requires regular sessions for optimal results.

The number of sessions needed may vary depending on the individual and the severity of their anxiety.

However, many individuals report significant improvements in their anxiety levels after just a few sessions.

If you are considering trying havening for your anxiety, it is crucial to work with a certified havening practitioner who has undergone proper training.

They will guide you through the process, ensure your safety and comfort, and tailor the sessions to your specific needs. [Book A Call With Dr. Christine Sauer \(FREE\)](#)

Our Brain on Stress - Where Havening Works

To truly **understand Havening and how it works**, it helps to first understand what's happening in the brain when we experience stress.

Regardless of the cause - be it a demanding workplace, childhood trauma, or a generalized anxiety disorder - researchers theorize the brain's reaction is essentially the same.

We have an "emotional brain" and a "thinking brain."

The **emotional brain, ruled by the amygdala, is primal.**

It gauges threats and **reacts quickly to avoid danger.**

"The amygdala is **designed to keep us safe**. It operates on an instinct of 'safe' or 'not safe,' says Dr. Christine Sauer MD ND, a certified practitioner of the Havening Techniques.

When detecting a real or imagined threat, **the amygdala activates the fight-or-flight mode**, and we feel stress and anxiety.

Thankfully, our "thinking brain" activates upon perceiving a threat as well, introducing reason and helping us respond more appropriately.

However, in many people, especially in stressful times, the amygdala overpowers the thinking brain, trapping us in a fight-or-flight mode, even when there's no threat.

The result: persistent stress and anxiety.

The Role of Havening to Create Resilience and Improve Mental Health

Havening, developed by neuroscientist Ronald Ruden, M.D., Ph.D., and his twin brother Steven Ruden, was initially used as **trauma therapy**.

By using gentle touch on the upper arms, hands, and face, and accompanying positive messaging, **it can rewire unhealthy neural pathways** that stem from stressful experiences, replacing them with healthier responses and emotions.

Havening is also a **powerful stress-busting technique** that you can learn and practice at home.

You simply cross your arms, place your palms on your shoulders, stroke your arms downward, and repeat.

While doing this, you can recite a calm and positive sentence, or engage in a simple mental distraction.

My favorite, as demonstrated in the video above, is the Loving Kindness Meditation.

On a neurological level, **havening helps shift your brain into a calming mode by boosting oxytocin**, a hormone typically produced through human touch and bonding.

It leverages the brain's ability to heal, regulate, and build itself.

The more you practice havening, **the more resilient your amygdala becomes and the more easily and quickly you can access a calm state in the future.**

Whether you are preparing for a stressful work engagement or are simply feeling overwhelmed, these havening techniques can provide much-needed relief.

To learn more about havening and how it can help you overcome stress, anxiety, and other mental health struggles, [book a call with Dr. Christine Sauer MD ND.](#)

Don't let your life be controlled by stress and anxiety - **with Havening, you can find your path to peace.** Begin your journey with love and light.

40 Affirmations to Help Emotional Eating

Cultivating A Positive Relationship With Food And Stopping Emotional Eating

My self-worth and well-being are greater than the need to eat
when I'm not hungry.

I will not allow my body size or appearance to determine my
self-worth.

I am perfect the way I am.

I do not make comparisons – my body is my own and my
journey is too.

I embrace the journey of mindful eating. I trust that I can build
a healthy, fulfilling relationship with my body and food.

I reject diet culture to embrace my own path to health,
happiness, and well-being.

I deserve respect, dignity, and care, no matter my body size,
no matter my shape, no matter my situation.

A scale won't determine my value.

I won't feel guilty about eating something I love, I can make
wise decisions.

I am aware of physical hunger sensations; I will respond when
I feel them.

I won't suppress my physical hunger, but I will manage my
emotional hunger.

I am allowed to eat when I am hungry.

I am allowed to eat, I do not need to earn it.

Physical hunger is not bad, it's a signal that I need energy.

I can trust my physical hunger cues.

I will choose nourishing food to honor my physical hunger cues.

It's okay if I don't immediately recognize my physical hunger cues, it takes time to get attuned when I ignored them for so long.

I can get to know my physical hunger cues and trust the signals.

I have permission to eat when I am physically hungry.

I am free of restrictive eating; I am free of the urge to binge.

All foods are neutral, and I approach them this way.

Every food is okay if it's in a healthy, balanced diet.

I reject diet culture and choose to embrace a whole, balanced diet.

I choose patience, I embrace self-compassion, and I am making peace with food.

I take a flexible approach to nutrition, food is neutral, and there's no need for restriction.

I can enjoy any and all food with no guilt or shame when I'm answering my physical hunger cues.

I don't need to police my food intake, I can just answer my physical hunger cues.

Rules do not dictate my food choices, my physical hunger cues do.

I release all of the guilt and shame I have held onto around food.

Food is fuel, it isn't a reward or a punishment.

My thoughts are not always true.

I can feel satisfaction while eating without it leading to over-eating.

I can cater to my food preferences while remaining nutritional.

I will savor the aroma, taste, and texture of every bite of food I take as I mindfully eat.

I enjoy food without judgment, and I stop when I am full.

I can rely on my body to tell me when I am full.

I nourish myself with delicious food for fuel.

Nourishment is more important than restriction.

I have a healthy relationship with my emotions and food.

No matter how I feel, I vow to treat myself with care as I meet my body's needs.

Epilogue-About the Author

If you feel that emotional eating is an issue for you, and that you cannot escape cravings and compulsive overeating, you are not alone.

Please [check out our affordable online programs and courses](#) that contains everything you need to safely lose your excess weight and keep it off for good.

Consider Learning to use [Havening Techniques®](#) to encode these positive affirmations in your brain and mind.

I know how it feels. I have kept off over 100 lbs. of lost weight – for now over 17 years. Read my story here: <https://soulful-weightloss.com/about-dr-christine-sauer/>

If I can do it, so can you!

Join me and finally make peace with your plate.

<https://soulful-weightloss.com/make-peace-with-your-plate-overcome-emotional-eating/>



With Love and Light,
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