



Episode 43 : **Stuffing It Down!**



Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.

In this episode, Fiona shares with us the part of her journey with shyness that relates to her overeating and gives up some really practical tools that we can use right now to change the stuff we have around food and overeating. What if we could be living lives that are so fun that when it is mealtimes, we can enjoy the eating, that it's not the only thing that is fun for us?

Key messages:

- Overeating is relevant for a lot of people who are shy and the good news is overcoming our shyness can bring us freedom from overeating or other compulsive habits
- Overeating appears to take away some of the discomfort, the anger, the frustration that we feel when we want to express ourselves and can't
- Using tools to overcome the root problem, shyness, can change eating in a compulsive way

- Liking food is not a wrongness

Tools and Questions

All the energy that comes up with the word “overeating”, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

Do you actually really like food? All the energy that that brings up, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

If depriving yourself has backfired on you, everything that brings up in your world, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

All the energy that not having satisfying food causes overeating, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

Be present when thinking about food and asking, do I like food?

Is it really true?

What if there’s nothing wrong with that?

All the energy that comes up with that, will you destroy and uncreate it?

All the energy that comes up when you acknowledge that you love food, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

If you find yourself needing to eat everything in sight NOW, ask: what am I not voicing, what am I not expressing that if I voice it and express it would change everything?

All the energy that comes up, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

What would it take to be enjoying my life so much that I forget to eat? All the energy that comes up, will you destroy and uncreate it?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

All the energy that comes up when you think you may have tendencies to overeat in the future after making lots of changes with food, will you destroy and uncreate it all?

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

Tool to help us be really “present” when we’re eating or about to get food:

Feel your feet on the ground, if you're sitting down (and do try taking a seat if you're about to run to the shop for something to eat), feel your bottom on the chair, feel your back on the chair. Be aware of those three places and take a breath. And ask, do I really want to eat this?

(Even if you do eat, this tool takes away that out of control feeling.)

Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.