



MODULE 4 - THE EMOTIONAL PLATE

“ Healing Your History Through Food ”.

Today you are not just eating food... you are eating stories. Every plate that reaches your table carries more than nutrients: it holds memories, emotions, and versions of you that still live inside.

Conscious gastronomy is not only about what you eat... but about what you feel when you eat.

Sometimes you eat guilt.
Sometimes you eat fear.
Sometimes you eat nostalgia.
And sometimes... you eat to
fill a void that has nothing to do
with physical hunger.

Here is where your liberation
begins: when you understand
that food is not the problem...
it is the language your
emotions were using to
speak to you. This is the
“Emotional plate.” And today
you will learn to listen to it,
not judge it.

Science + Consciousness

What is the Emotional Plate?

The emotional plate is how our emotions directly influence our food choices. Neuroscience shows that the brain does not fully distinguish between physical hunger and emotional hunger, especially under stress, anxiety, or food-related memories.

This activates the brain's reward system (dopamine), making certain foods not only nourishing... but also comforting.





**Studies in food
psychology show that:**

Emotions can alter
hunger and
fullness signals

Stress increases
cravings for highly
processed foods

Emotional memory
is strongly linked to
taste and eating
experiences



SECTION 1 _____

What is Emotional Regulation?

It's the ability to manage and respond to emotional experiences effectively. Key highlights include:

Holding Space

Learning to tolerate uncomfortable emotions instead of numbing them immediately with comfort food.

Response Control

Creating a critical space between an emotional impulse and your ultimate choice of action.

SECTION 2

Shift from Reaction to Selection

Move away from unconscious reacting by deliberately utilizing processing pathways:

— ACTIVITY 1

**Draw Your
Emotional Plate :**

For this activity, you will use colors, pencils, or markers.

Take your time and connect with what you feel without judgment

**Express
with Colors :**

Use colors to represent your emotions inside the plate.

There are no right or wrong answers, only your truth.

**Listen to
the Message :**

Remember there are no good or bad emotions. They all have a message for you.

Identify Patterns:

Think about the emotions that show up the most when you eat. Write them inside each section of the plate based on how they influence your food choices.

Create a Safe Space:

Be honest with yourself. This is your space for awareness and healing.

Ask yourself:

What emotion shows up when I eat?

What do I really need in that moment?

ACTIVIDAD / ACTIVITY

DRAW YOUR EMOTIONAL PLATE

DIBUJA TU PLATO DE EMOCIONES



INSTRUCCIONES / INSTRUCTIONS
 PIENSA EN LAS EMOCIONES QUE APARECEN CUANDO COMES. ESCRÍBELAS DENTRO DE CADA SECCIÓN SEGÚN INFLUYEN. SÉ HONESTO/A.

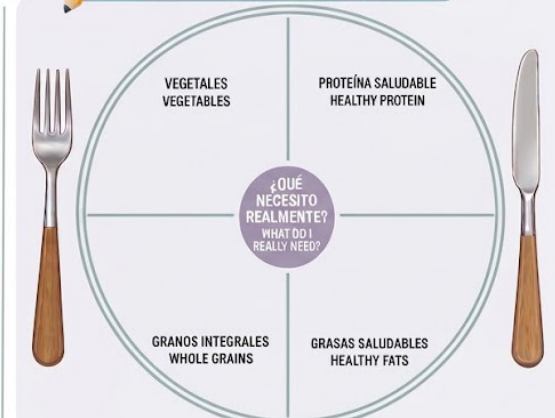
INSTRUCCIONES / INSTRUCTIONS
 THINK ABOUT THE EMOTIONS WHEN YOU EAT. WRITE THEM INSIDE EACH SECTION AS THEY INFLUENCE. BE HONEST.



EXEMPLO / EJEMPLO



YOUR TURN / TU TURNO



REFLEXIONA / REFLECT
 ¿Qué necesitas en lugar de comida cuando sientes eso?
 Reflect: Which emotion shows up the most on your plate?
 What do you need instead of food when you feel that?



CADA EMOCIÓN TIENE UN MENSAJE. Escúchalo, acéptalo y libéralo.
 Every emotion has a message. Listen to it, accept it, and release it.

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SECTION 3

Why Do We Eat Emotions?

Because food has often been our first form of comfort. From childhood, we associate food with love, celebration, protection, or emotional relief.

Over time, the brain learns:
“when I feel this... I eat this.”

But what today looks like
a food habit... is actually an
unresolved emotional story.



Healing Your Relationship with Food

Healing is not about forbidding foods. Healing is understanding why you need them emotionally. When you observe your emotional plate without judgment:



Guilt loses power

**Fear transforms into
awareness**

**Impulses become
choices**

True Food Freedom:

This is where true food
freedom begins: when
food stops being an
emotional refuge...
and returns to conscious
nourishment.



A Note to Remember

“Today you will
not fight food...
you will listen
to the story it has
been telling
for you.”

Myriam Lozano

WELLNESS AND EATING COACH