THE FOOD RELATIONSHIP MIRROR

IT'S TIME TO BREAK UP WITH FOOD.

The old relationship, anyway. Not the food.

Your quiz result told you who food is in your life. This guide is the part underneath it. What the pattern is looking for, what your nervous system is doing while it happens, and where a calmer relationship with food actually starts.



Georgie Beames
Registered Psychologist & Coach
breakupwithfood · georgiebeames.com

Educational guide. Not a psychological assessment, diagnosis or individual treatment plan.

HOW THE MIRROR WORKS

FOUR LAYERS.

Start at the top and go down.

Food can be comfort, celebration, a break, a reward, or just something to do with your hands. Over years it picks up jobs that have nothing to do with hunger. The mirror helps you see those jobs, one layer at a time.

1 **Who food is in your life**
The six food relationship personalities. The fun part, and still true.

2 **What the pattern is looking for**
Comfort, distance, or both at once.

3 **What's happening underneath**
Your nervous system and the six eating saboteurs.

4 **How the relationship changes**
Regulate, then Rewire.

The mirror is a metaphor, not a test. Hunger, stress, habits, medication, health, culture and what's in the cupboard all shape eating too.

LAYER 1

WHO FOOD IS *in your life.*

The Secret Lover

Exciting, tempting and a little bit sneaky.

The eating happens in private, away from comments and opinions, with a bit of shame along for the ride.

The Loyal Best Friend

Food gives you everything. Asks for nothing.

It's there after every hard day. Comfort and familiarity are the pull.

The Clingy Ex

Food thoughts and noise that just won't leave you alone.

You want to move on, and food keeps turning up in your head anyway.

The On-Again, Off-Again

Perfect all day, or all week, then it all falls apart.

Rules, the rebound, then another promise to start fresh on Monday.

The Sweet Talker

You earned it. You deserve it. You always do.

Food is the prize at the end of a long day, the moment you finally stop.

The Casual Fling

A fun little distraction that never really fills you up.

A bit here, a bit there. Something to do, a tiny break.

Playful names for patterns, not fixed identities. Most women recognise themselves in two or three.

LAYER 2

WHAT THE PATTERN *is looking for.*

SEEKING COMFORT

Food as the one who's always there

Food feels reliable. It never lets you down and it's hard to stop thinking about. What you're really after is reassurance, or some certainty in a day that had none.

SEEKING DISTANCE

Food as a way to switch off

This one is less about wanting food and more about not having to feel something. Food keeps things private and lets you check out for a while.

PUSH AND PULL

Food as the one you keep going back to

Strict rules, the fresh start, the reward, the rebellion. You chase it, you push it away, and a few days later you're chasing it again.

THE DIRECTION YOU'RE HEADING

Food as one good thing among many

Food is enjoyable and satisfying, and you still have it for pleasure. It just isn't the only way you get comfort, a break or a reward any more.

The way you relate to food often echoes the way you go looking for comfort, closeness and space everywhere else.

ASK YOURSELF

When I reach for food and I'm not physically hungry, what am I hoping it will give me? Comfort? A break? Excitement? Permission? A moment to myself?

This is a mirror, not an attachment style test. These are descriptive parallels, not clinical categories, and one person can recognise several.

LAYER 3

WHAT'S HAPPENING *underneath.*

We are a sum of parts. When you eat without physical hunger, a younger part of you has stepped forward with a need, and food is how it knows to ask. The food isn't the problem. It's the hand going up.

> *If you don't feel safe in your system, your child parts will run the show.*

What I see, over and over, is a woman who starts out wound up. Then she eats, and the eating moves her. Out of wound up and into flat. That's why it keeps happening. It works, and willpower never offered her anywhere else to go.

Anxious
Busy, wired, head full, negotiating with food.

→

Food
The bridge from one state to the other.

→

Freeze
Flat, numb, in a bubble. Feels a lot like relaxing.

Each side has its saboteurs. They're bodyguards, not enemies, and they don't line up one to one with the six personalities.

ANXIOUS PATHWAY SABOTEURS

The Inner Mean Girl
"You've blown it again."
Perfectionism and harsh self-talk, getting you into line before anyone else can.

The Distractor
"I'll sort myself out later."
Last on your own list. Food is the one need you can meet in ninety seconds.

The Rebel
"You can't tell me what to do."
The rebound after rules and restriction.

FREEZE PATHWAY SABOTEURS

The Numbing Out Saboteur
"You don't have to feel this."
You sat down to rest, and two hours later couldn't say what you'd been thinking about.

The Avoider
"If we never properly start, we can never properly fail."
Autopilot eating instead of being with what you feel.

The Defeatist
"Why bother?"
Resignation after so many fresh starts.

SO WHERE IS SAFE?

Busy and distracted isn't safe, that's anxious. In a bubble eating and scrolling is most likely freeze. Safe is neither of those. Most of us have to learn what it feels like. It's a skill nobody taught you, not a test you're failing.

SPOT THE LOOP

EVERY PATTERN *has a payoff.*

Next time it happens, see if you can catch the steps. The payoff is the clue. It tells you what that part of you is trying to do for you.

1	2	3	4	5	6
Something sets it off	A feeling or a thought	The urge	Eating	The payoff right now	What it costs you later

LAYER 4

HOW THE RELATIONSHIP *changes.*

Insight on its own rarely changes something this automatic. You can't think your way into feeling safe. The goal isn't never eating for pleasure again. It's more room to choose.

REGULATE

Notice your state first. Busy and wired, flat and switched off, or somewhere in between? Then pause. A long slow breath out, feet on the floor, whatever already helps you settle. You don't have to force the urge away. You're giving your adult a chance to get back in the room.

REWIRE

Ask that part of you, "What do you need right now?" Then practise meeting that need in more than one way. Rest. A person. A proper break. Something interesting to do. Food, eaten on purpose and actually enjoyed, is allowed to be one of the answers.

YOUR 7-DAY REFLECTION

COLLECT CLUES,

not scores.

Once a day for a week, fill in one row. No marking yourself good or bad. By day seven you'll start to see which part of you turns up, when, and what it's asking for.

Day	When did the urge show up?	What was happening just before?	What did food promise me?	What else might have helped?
1				
2				
3				
4				
5				
6				
7				

At the end of the week

Which state did you notice most, wound up or flat? Which saboteur's voice did you hear? What was the payoff food kept offering?

YOUR NEXT CHAPTER

A CALMER RELATIONSHIP

starts with you.

It isn't about never eating for pleasure. It's about more flexibility, more choice, and trusting yourself around food again.



BOOK A BREAK UP SESSION WITH GEORGIE

The mirror is general. A Break Up Session is about you. In 30 minutes online we look at your exact patterns and which saboteurs are doing the heavy lifting. You leave with your personalised Eating Patterns Plan and your own Break Up Script.

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LISTEN

The Break Up With Food podcast goes deeper into food noise, emotional eating and the psychology underneath.
georgiebeames.com/podcast

A note about scope: this guide is general education and coaching information. It isn't a psychological assessment, a diagnosis, therapy or personalised medical advice. If you're worried about an eating disorder, significant distress or your medication, please talk to an appropriately qualified clinician or your prescriber. In crisis in Australia, call Lifeline on 13 11 14. © 2026 Georgie Beames.