

Emotional eating

Terms in this set (70)

consumption	the amount used or eaten
reward	to give a person something he or she has earned
overwhelming	very intense
powerless	without power; helpless
urge	to try to persuade strongly
guilty	responsible for doing something bad
compassion	sympathy for another's suffering; pity
deserve	to be worthy of
consolation	an act of comforting
abandonment	ending or stopping something
reassurance	the act of giving comfort or the state of receiving comfort
relief	a feeling of happiness that something unpleasant has not happened or has ended
charged	causing strong feelings, filled with emotion or excitement
overload	a condition in which a person feels overly pressured by demands
intake	an act of taking in something
unfulfilled	not completed or achieved
bloated	swollen from containing too much liquid, or food
differentiate	to distinguish, to make different

Emotional eating

resort to		to turn to
temporary		lasting or used for a limited time
satiety		feeling of fullness
starving		very hungry
irritable		easily annoyed
stuffed		a feeling of being very full from eating
postpone		to put off until later
precede		to come before
stimulus		any event or situation that evokes a response
coping mechanism		a means or way of adjusting to situations
acknowledge		recognize; admit
preoccupation		the state of being worried about or thinking about something most of the time
onset		...
disturbed eating attitudes		describe a person's belief that cultural standards for attractiveness, body image, and social acceptance are closely tied to one's ability to control diet and weight gain
anorexia nervosa		an eating disorder in which an irrational fear of weight gain leads people to starve themselves
bulimia nervosa		an eating disorder characterized by episodes of overeating, usually of high-calorie foods, followed by vomiting, laxative use, fasting, or excessive exercise
binge eating		a disorder in which a person repeatedly eats too much food at one time
vulnerable		susceptible to physical or emotional attack or harm

Emotional eating

disordered eating	mild, moderate, or severe disturbance in eating habits and attitudes
occurrence	something that happens
appetite	a desire, rather than a need, to eat
digestion	breaking down food
acquisition	the process of getting something
depression	a prolonged feeling of helplessness, hopelessness, and sadness
inadequacy	lack of competence
obsessive	related to thinking about something constantly; preoccupying
excessively	to a degree exceeding normal or proper limits, extremely
fatigue	extreme tiredness, exhaustion
voluntary	of your own free will or design
restriction	something that limits someone's actions or movement, or limits the amount
maintain	to continue; carry on; keep in existence
distorted	pulled or twisted out of shape
morbidity	refers to ill health in an individual and the levels of ill health in a population or group.
mortality	the state of being subject to death
recurrent	happening repeatedly
compensatory	making up for; repaying
vomit	to throw up
laxative	drug used to induce emptying of the intestinal tract

Emotional eating

perception	the ability to see, hear, or become aware of something through the senses.
compulsive	obsessive
discomfort	a lack of ease and well-being
constipation	a condition which makes someone unable to empty their bowels as often as they should
dehydration	a serious reduction in the body's water content
osteoporosis	a condition in which the body's bones become weak and break easily.
erosion	the fact of a good quality or situation being gradually lost or destroyed
infertility	not being able to have children
lethargy	a lack of energy and enthusiasm
enhance	to improve, augment
diarrhea	an illness in which the body's solid waste is more liquid than usual and comes out of the body more often
abdominal	forming, or relating to the abdomen
ulcer	a sore on the skin or inside the body that will not heal without treatment