

The background is a solid teal color. In the upper portion, there are faint, light-teal outlines of mechanical gears and a stylized profile of a human head facing right. The gears are positioned above the head's forehead area. The text 'Unhealthy Eating Patterns' is centered in the lower half of the image in a white, sans-serif font.

# Unhealthy Eating Patterns

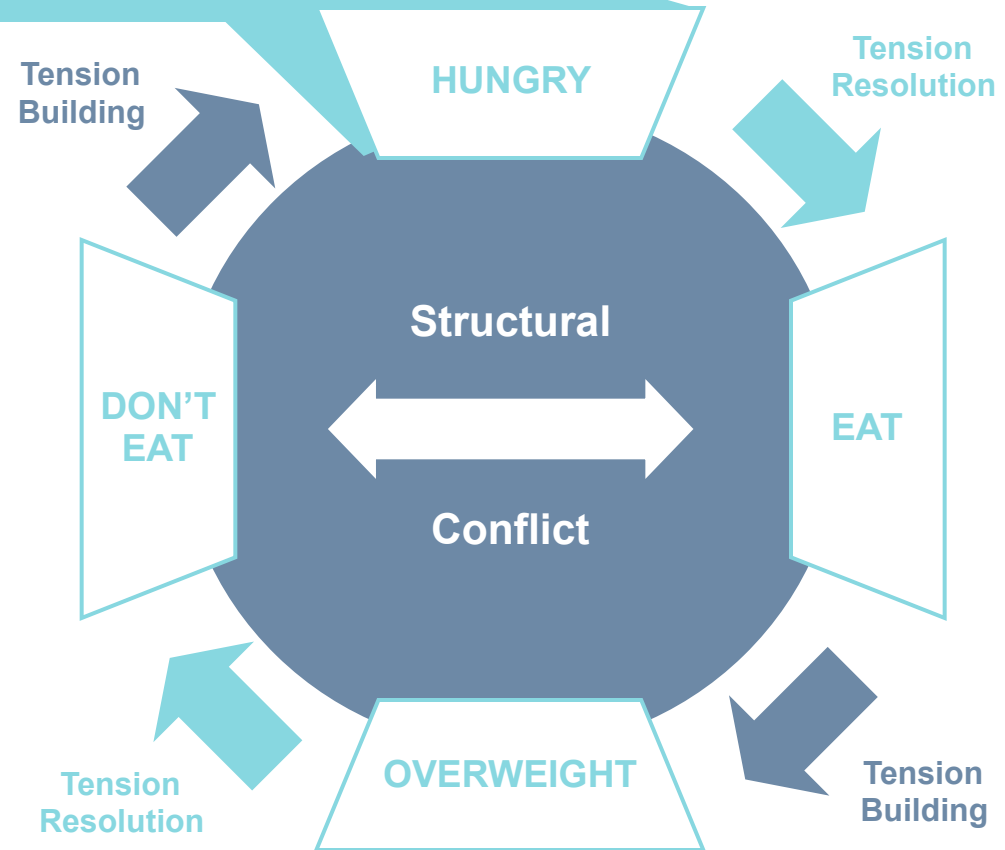
# Structural Conflict Pattern

## Emotional vs. Physical

- ▶ What is food doing for you that it was never meant to do?

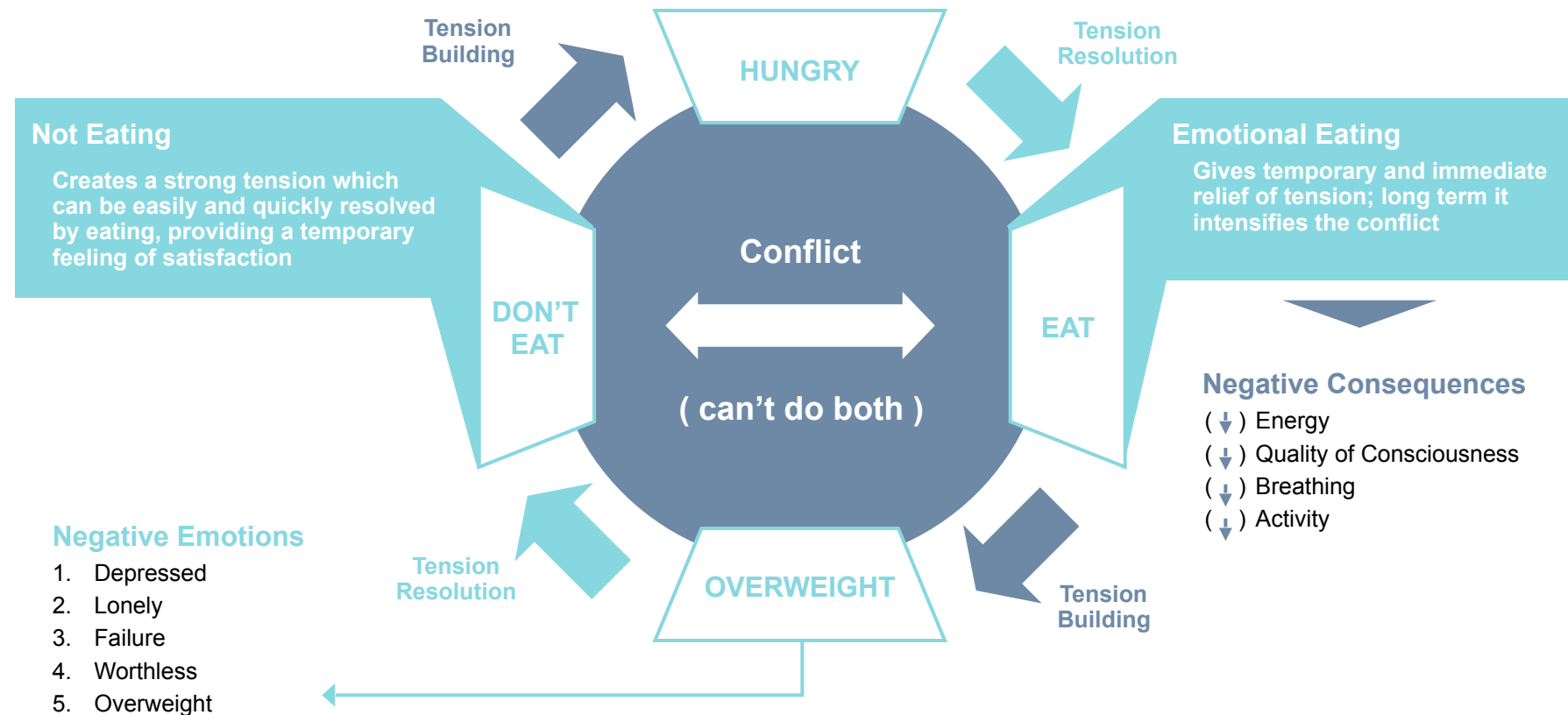
## Conflict Resolution Mechanisms

- ▶ Will Power Manipulation
- ▶ Conflict Manipulation
- ▶ Conflict Avoidance



# Eating Conflict Pattern

**The Complex Cycle of Overeating:** The desire to eat and not eat at the same time creates a configurational conflict pattern that promotes crash dieting followed by binge eating... *This pattern must be reconfigured for any lasting health to exist*



# The Conflict Pattern of the New Cosmology

