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CASE STUDIES (all names and some case details have been changed to preserve confidentiality).

Addiction to Chocolate

Mother of three, **Helen** was struggling with her addiction to chocolate. Otherwise a healthy eater, Helen just could not stop eating vast amounts of chocolate every day, which made her put on weight and feel like a failure.

Weight Management Counselling helped Helen notice that she was usually turning to chocolate when she was particularly tired and worn out. A born perfectionist, Helen would not allow herself to take a break, so chocolate became her only way to relax. Once this connection was established, we then worked out alternative ways for Helen to relax, which did not involve chocolate. As soon as this happened, losing weight became easy.