

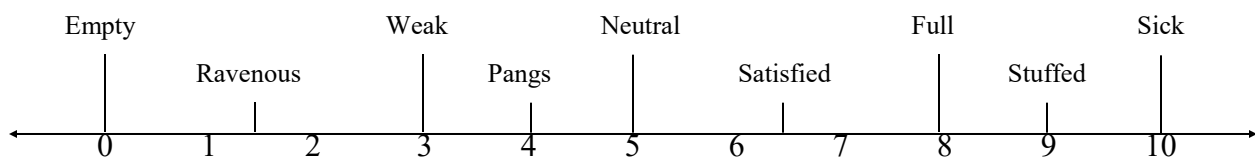
Intuitive Eating

1. Reject the Diet Mentality

Get Rid of the Dieter's Tools

- * Throw away the scale
- * Dress for your here-and-now body

2. Honor Your Hunger & Feel Your Fullness



*** Begin to eat at a 3 or 4 and stop eating at a 6 or 7

3. Make Peace with Food (*Unconditional Permission to Eat*)

1. Pay attention to foods that appeal to you and make a list of them
2. Put a check by the foods you actually eat regularly
3. Circle the remaining foods that you've been restricting
4. Give yourself permission to eat one forbidden food from your list
5. Check in with yourself to see if the food tastes as good as you imagined. If you find that you really like, continue to give yourself permission to eat it

4. Challenge the Food Police

Who's Talking

- * **Food Police** - your inner judge and jury that determines if you are doing "good" or "bad"
- * **The Nutrition Informant** - in the name of health, this voice tells you to faithfully count fat grams, calories, etc.
- * **The Diet Rebel** - rebellious behavior often has no limits and severe overeating often occurs
- * **The Food Anthropologist** - makes observations without making judgment.
- * **The Nurturer** - soft and gentle voice that reassures you're okay and everything will be fine

** Avoid the oughts, shoulds, need to's, supposed to's and have to's

** Use words such as: can, okay, and may

5. Discover Satisfaction with Food

If you feel truly satisfied with your eating experience, you will find that you eat less

How to Regain Pleasure in Eating

1. Ask yourself what you really want
2. Discover the pleasure of the palate
3. Make your eating experience more enjoyable
4. Don't Settle - *'If you don't love it, don't eat it, and if you love it, savor it.'*
5. Check In: Does it still taste good?

6. Cope with Your Emotions Without Using Food

Emotional Triggers

- | | |
|------------------------------|------------------------|
| 1. Boredom & Procrastination | 5. Stress & Anxiety |
| 2. Bribery and Reward | 6. Mild Depression |
| 3. Love | 7. Feeling Connected |
| 4. Frustration, Anger, Rage | 8. Loosening the Reins |

7. Respect Your Body

As long as you are at war with your body it will be difficult to be at peace with yourself and food

- * Has all the self-loathing because of your body helped?
- * Has dwelling on your imperfect body parts helped you to become leaner?
- * Does chewing yourself out every time you step on the scale make you weigh less?

How to Respect Your Body

1. Make it comfortable
2. Meet its basic needs
3. Change your body assessment tools
4. Quit the Body-Check Game
5. Do nice things for your body
6. Eliminate negative body talk
7. Accept compliments
8. Reflect on abilities & traits, not appearance
9. Make your own definition of beauty
10. Choose your favorite body parts and dwell on them

8. Exercise - Feel the Difference

9. Gentle Nutrition

Intuitive Eating is about WAITING and learning to be patient. A person will find themselves waiting to eat until hungry, waiting during a time-out in the midst of their meal to see if they are full, and also waiting for those emotions, which normally would lead to overeating, to pass.