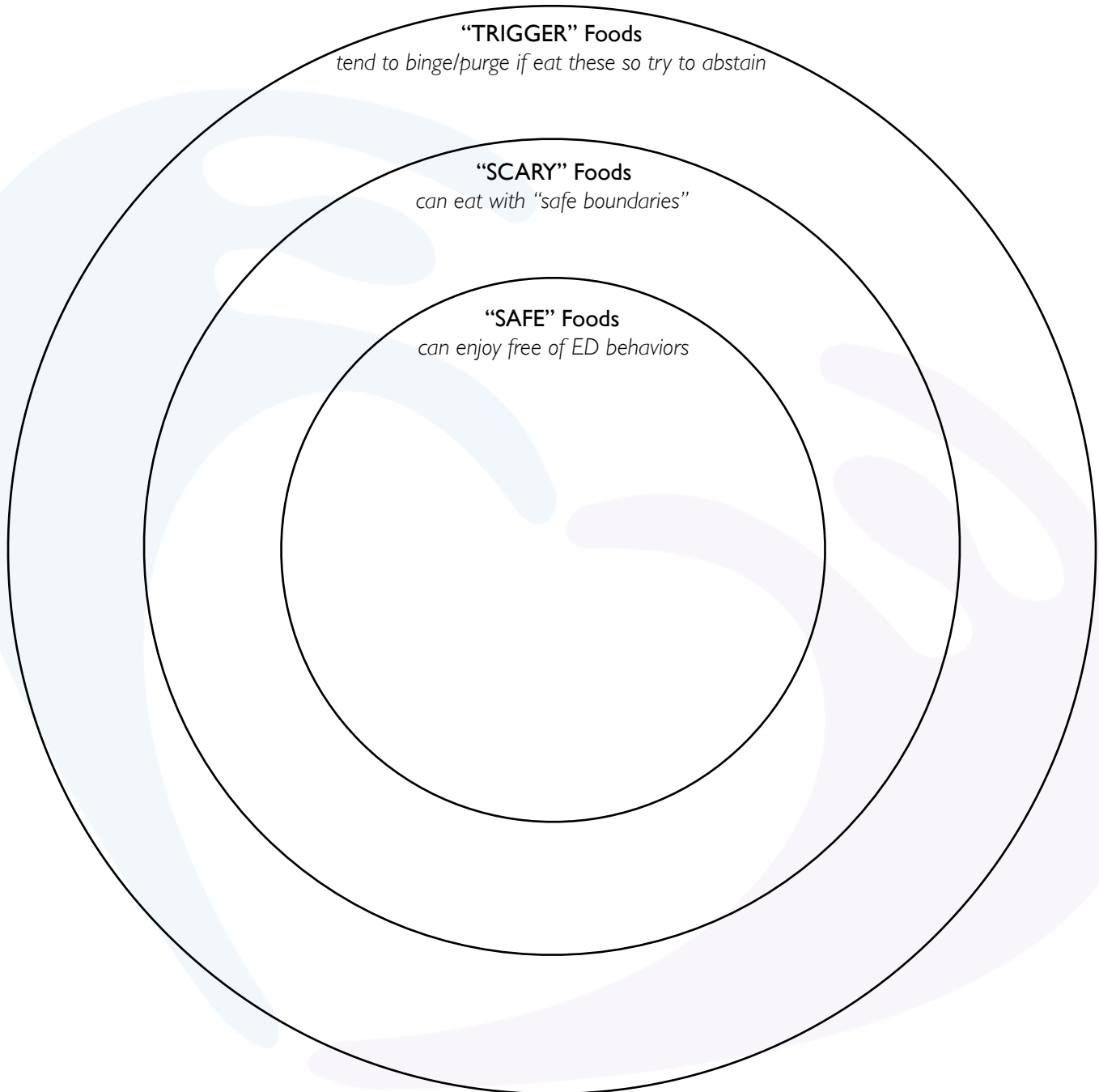


# Be True To Your Self

## Intuitive Eating #6: Making Peace With Food



List your current SAFE foods in the inner circle. Next, list the foods which are SCARY but which you can eat with specific boundaries (list your boundary, i.e., “measure portion”). Finally, list your TRIGGER foods.



How can you set boundaries with your TRIGGER foods, and move them into the middle circle?  
How can your SCARY foods become SAFE foods, so that ALL FOOD is in your inner circle?