

Be True To Your Self

Intuitive Eating #1: The Three Reasons WHY We Eat



The reasons why we eat can be categorized into three main areas. Let's explore each:

1. HUNGER – this is your body's PHYSICAL NEED for food (to satisfy energy requirements, support nutritional needs, sustain the body's life). What are ways you recognize hunger in your body?

An **INSATIABLE HUNGER** (need for large amounts of food, or a need to eat very often) can be triggered after periods of fasting, extreme dieting, or **ANOREXIA**. Has this happened to you? Describe the details::

2. CRAVING – this is a PHYSICAL DESIRE for food, based on TASTE or SENSES (smell of food, seeing an advertisement for food, etc). Describe your appetite for food, and how this differs from hunger:

An **INSATIABLE CRAVING** (desire for large amounts of food, or to eat very often) can occur in response to eating specific foods, sometimes called “trigger foods.” The theory is that the “pleasure center” of the brain is stimulated by these “trigger foods,” similar to what occurs in people with alcohol/drug addiction. Hence, the term **FOOD ADDICTION** is often used to describe this extreme craving. Do you seem to have some “trigger foods”? List them here, and what typically happens when you eat these:

3. COMFORT – this is an EMOTIONAL DESIRE for food, based on MOOD (depression, anxiety, etc). Eating creates various biochemical changes in the body, which can have an effect on emotions. Do you have “comfort foods,” which you occasionally eat as a means of self-soothing? Describe:

An **INSATIABLE COMFORT CRAVING** (desire for large amounts of food, or to eat very often) can occur when the food-mood behavior is used as a means of **COPING** with emotions on a regular basis, especially as a means of coping with past traumas. This type of behavior is linked to **BINGE EATING DISORDER** and **BULIMIA**. Do you use food as a means of coping? How often? What are your emotional triggers?

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Intuitive Eating #5: Challenging Food Rules



The voice of your Eating Disorder (ED) probably has more “food rules” than you can count – pause for a moment to notice all of the do’s/don’ts, goods/bads, shoulds/shouldn’ts that ED chatters on about when you’re eating (or planning your next meal). These food rules are in the way of your needs for a variety of foods which truly satisfy all of the reasons why you eat. The inner wisdom of your Intuitive Therapist (IT) knows “food freedom”!

ED’s critical thoughts (“Food Rules”)

IT’s inner wisdom (“Food Freedom”)

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| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |

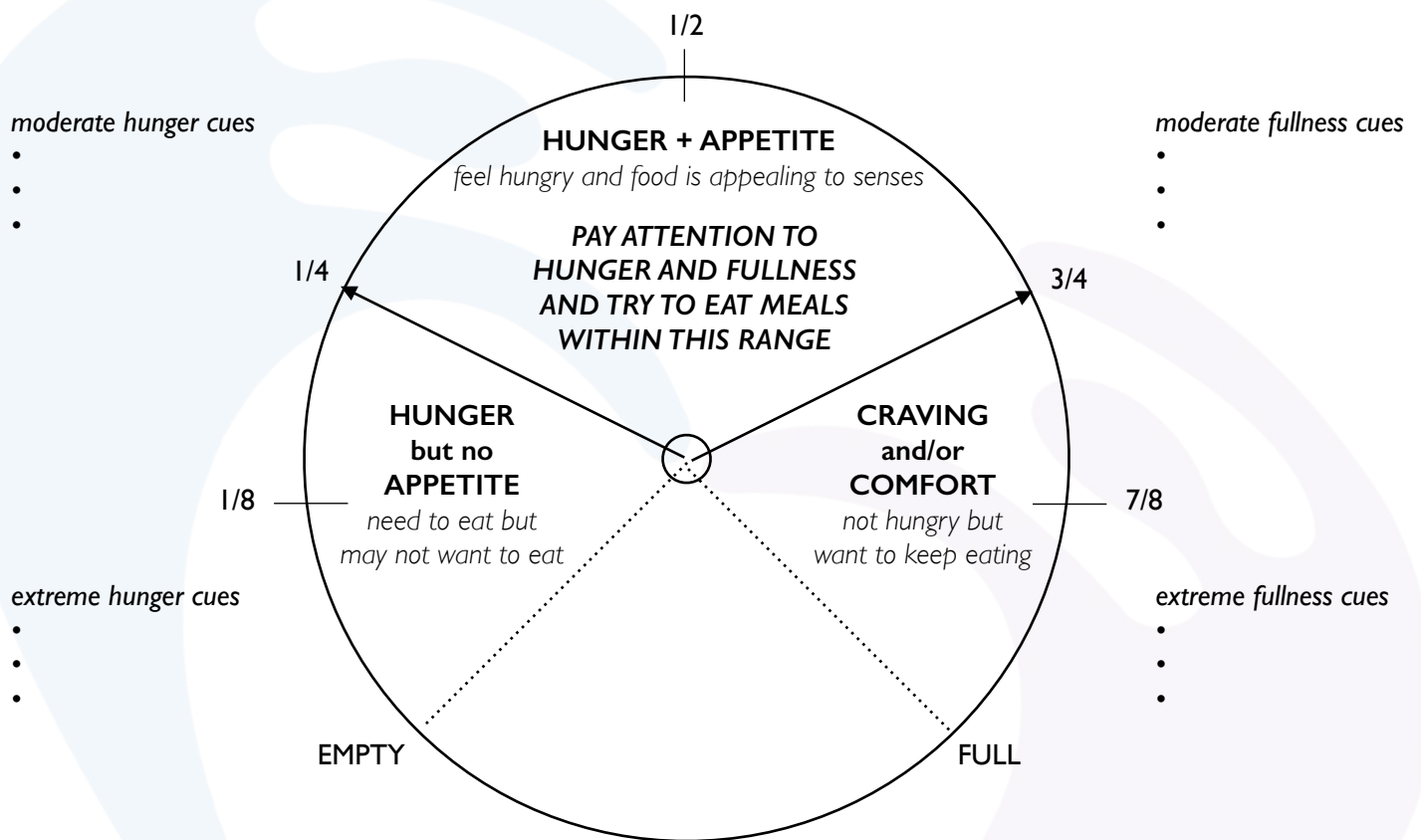
If you “get stuck,” ask a friend or your EDIT™ Certified practitioner for help!

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Intuitive Eating #7: Hunger & Fullness Gauge



Imagine the fuel gauge on the dashboard of your car – and how you pay attention to this gauge to decide when you need to fill your tank with more fuel. Now, imagine that your body has its own fuel gauge — related to your body's need for nutrients from food. However, unlike your car (which you might only need to add fuel to once a week), your body burns its fuel stores and needs more fuel several times each day! Notice the different points on the Hunger & Fullness Gauge below, as it progresses from EMPTY to FULL. Note your hunger and fullness cues.



How can you compassionately encourage yourself to recognize and act on your hunger and fullness cues, so that you can start and stop your meals within the target range of 1/4 to 3/4 of your fuel level? List action steps:

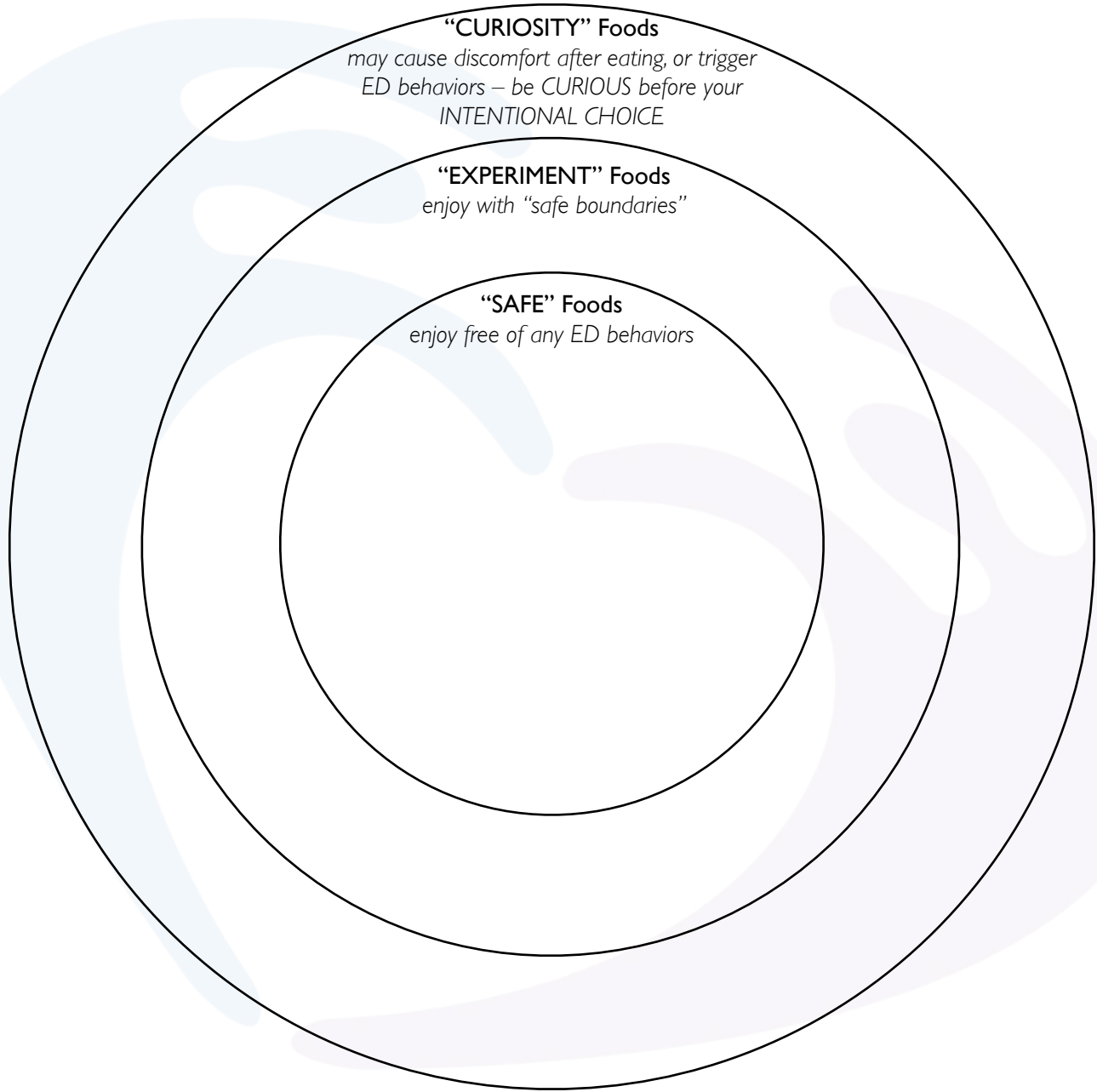
- 1.
- 2.
- 3.

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INTENTIONAL EATING™ #1: Making Peace With Food



Now that you've been practicing Intuitive Eating Skills for a while, you're ready to apply what you've learned about a "Way of Eating" that works best for you. Let's put this into practice with INTENTIONAL EATING™ – making conscious choices to make peace with food. List your current SAFE foods in the inner circle. Next, list your EXPERIMENT foods, exploring how to enjoy these foods with specific boundaries (list your boundary, i.e., "measure portion"). Finally, list your CURIOSITY foods, those which your body may not prefer – CAREFULLY consider your INTENTIONAL CHOICE about these foods.



How can you set boundaries with your CURIOSITY foods, and move them into the middle circle?
How can your EXPERIMENT foods become SAFE foods, so that MOST FOODS are in your inner circle?

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INTENTIONAL EATING™ #2: Advanced Food Journal



As a more advanced step in being an INTUITIVE EATER, you can use this type of Food Journal to help you mindfully and soulfully pause to check in with your intuitive needs before, during and after your meals. This type of journal can help you practice INTENTIONAL EATING™ during your meals – and to live with CONSCIOUS CHOICE!

Today's Date: _____

INTUITIVE INSIGHTS

WHEN-WHY-WHAT...do I really need?
(describe details BEFORE eating!!!)

INTUITIVE INTENTIONS

HOW am I honoring my needs?
(note meal process - any food substitutions or 5Rs)

INTENTIONAL INSIGHTS

WHAT... do I think/feel/need now?
(transition AFTER meal time)

| | | |
|--|--|--|
| | | |
|--|--|--|

SOULFULNESS: note observations and feelings from the inside-out (SOUL-HEART-MIND-BODY)

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INTENTIONAL EATING™ #3: Intuitive Mindful Meal Process



Relearn how to be an INTUITIVE EATER as you pause to enjoy this meal process!

STEP 1 - Note WHEN you're beginning your meal (TIME) _____ and your thoughts about eating now?

STEP 2 - Note WHY you're eating (Hunger, Appetite, Comfort) _____ and your thoughts about this?

STEP 3 - Note your HUNGER & FULLNESS GAUGE _____ and your thoughts about this level?

STEP 4 - Note WHAT you want to eat (type, amount), using MY MENU or a check-in with your INTUITION:

STEP 5 - Fully experience your first bite of food, using the mindfulness technique of BEGINNER'S MIND – notice the color, shape, temperature, texture, scent, and other sensory information, and then take a taste. Be very curious, as if you've never tasted this food before. Record some notes about your first few bites. Pause to reflect about HOW would you like to proceed with the rest of your meal — setting an intention about your meal pace and process?

STEP 6 - Pause mid-way through your meal, and note your reflections. HOW would you like to proceed?

STEP 7 - As you conclude your meal, note TIME _____ GAUGE LEVEL _____ and your thoughts about these?

STEP 8 – Additional notes about your overall Intuitive Mindful Meal Process experience:

What action steps would you like to take to enhance your Intuitive Eating abilities?

- 1.
- 2.
- 3.

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INTENTIONAL EATING™ #4: My “Way of Eating” Menu



Initially, as you explored Intuitive Eating, you learned how to listen to the messages that your body was sending you, about the type and amount of food that helps you be free of ED behaviors, and feel your best. You also challenged any “Food Rules” which come from the voice of ED, and you’ve discerned how to listen to your Intuitive Therapist’s (IT) wisdom about the different foods that you really enjoy and which help you feel your best, free of ED! This is YOUR “Way of Eating.” Now, you can be an INTENTIONAL EATER™ as you anchor some of your favorite meal choices. The idea here isn’t to become rigid with a meal plan, but rather to have several selections you can choose from as an INTENTIONAL EATER™.

BREAKFAST OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

LUNCH OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

DINNER OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

SNACK OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

Consult with your EDIT™ Certified practitioner for NUTRITION WISDOM review and menu suggestions.
Consider a creative project to make MY MENU into something special!