



As we discussed in today's module, if you are a 'serial dieter', you are carrying around a lot of Food Rules that you have picked up and internalised as 'truth' over time. The reality is that no food is truly 'good' or 'bad', food is just food!

What really matters is:

Ratio – how often you might have eg a takeaway compared to eating nutritionally dense meals;

Regularity – how often you choose nutritionally dense eating and Nourishing eating, over nutritionally empty eating or Punishing eating.

The better guide to use is the impact that food is going to have on YOU. Asking yourself "Is this nourishing or punishing for me?" is the better question to ask when you think about whether to eat, or not eat, any particular food.

There are two main drivers of eating to punish yourself.

External – Food rules and messages from others.

Internal - this driver can be your own past and your internalised beliefs about yourself;

In both cases, some of these drivers are subconscious or unconscious. So step 1 is to bring it all into into your CONSCIOUS awareness, because when it is conscious, then you have a choice – to continue believing it, or to change it and let it go! We will be covering all of this in depth throughout the program, but for now, we just need to bring it into conscious awareness.

1 INTERNAL DRIVERS



Think about this:

Are your current eating behaviors linked to how you feel about yourself?

Do you deny yourself healthy, fresh, unprocessed food?

Do you deny yourself the time it might take for you to prepare food that is nourishing for you?

Do you deny spending money on fresh, healthy food?

This is Punishing behaviour, and this can often link back to old messages or beliefs that somehow you do not deserve to be healthy, or attractive, or loved.



Journal Prompts:

1 Why do I believe I do not deserve healthy food?

2 Why do I believe I do not deserve to be loved, or that I am not lovable?

3 Why do I consistently avoid prioritising myself and my health?

4 What else comes up for you when you read your responses?

2 EXTERNAL DRIVERS



Think about this:

Are your current eating behaviors and food rules linked to old, outdated messages from others?

Have you absorbed old and outdated messages about dieting and weight loss from family members, friends/society or programs you have paid for – like ‘avocados are very fattening’, ‘use a can of chemical spray oil instead of olive oil when cooking’ or “all carbs are bad”?



Journal Prompts:

1 What Food Rules have I got in my head – about carbs, fat, protein, sugar or any other food type or group?

This could be a long list, but make sure you write them ALL down, no matter how obvious, or even silly you think they are.

2 What foods do I consider to be ‘forbidden’? Again, write them ALL down.

- On a scale of 1 – 10, how ‘scary’ are each of these foods to me?

- Now review this list and mark each food with the following codes. Any food may have two codes.

H – is this a **HEALTHY**, fresh, unprocessed food that my body can fully metabolise and use to fuel me?

B – is this a food that I avoid during my ‘planned’ meals, but **BINGE eat** on when I am triggered?

N – is this a food that is **NOURISHING** to me:

- either nutritionally, in which case it will also be a ‘H’ food;
- or emotionally in which case it may also be a ‘P’ food, depending on the quantity.

P – is this a food that is **PUNISHING** if I eat too much of it, or eat it too often?

3 When you read back what you have pulled out of your head around food rules and beliefs, what comes up for you?

Remember, no food is either ‘Good’ or ‘Bad, it is just food! What matters more is Ratio and Regularity.

The more important guide to use is “Will this Nourish Me or Punish Me?”

The more aware you become of your conscious and unconscious beliefs and triggers, the more choice you have in how you respond.