# Intuitive Eating

## Personal Assessment 1:

Q: I try to avoid certain foods high in fat / carbs or kcals?

A: Mostly true

Q: If I’m having a craving for a certain food, I don’t allow myself to have it?

A: Mostly false

Q: I follow eating rules & diet plans that dictate how, when and what to eat?

A: Mostly true

Q: I get mad at myself for eating something unhealthy

A: Definitely true

Q: I have forbidden foods that I don’t allow myself to eat.

A: Definitely true (chocolate?)

Q: I find myself eating when I’m feeling **emotional, anxious, sad, depressed**; even when I’m not physically hungry.

A: Mostly false

Q: I find myself eating when I’m **bored**, even when Im not physically hungry.

A: Always true

Q: I cannot stop eating when I feel full, yet not overstuffed.

A: Sometimes true

Q: I find myself eating when I’m lonely, even if not physically hungry.

A: Mostly false

Q: I use food to help me sooth my negative emotions?

A:

Q: I find myself eating when I’m **stressed**, even when I’m not physically hungry.

A: Mostly false

Q: I cannot tell when I’m slightly full?

A: Mostly true

Q: I can’t tell when I’m slightly hungry

A: Mostly true

Q: I don’t trust my body to tell me when to eat?

A: Mostly true

Q: I don’t trust my body to tell me what to eat.

A: Sometimes true

Q: I don’t trust my body to tell me how much to eat.

A: Definitely true

Q: When I’m eating, I can’t tell when I’m getting full.

A: Definitely true

## Notes Cont’d

If you answered yes to a lot of the above, maybe you are:

* A **refuse** **not unconscious** eater, I.e. when offered food you eat it. *Yes*
* A **waste** **not unconscious** eater, I.e. will always clean the plate, cant waste food. *Yes*
* An **emotional** **unconscious** eater, I.e. turn to food to cope. *No*
* A **professional dieter**, I.e. know the kcals grams, fat g, carb g of everything you eat. *Yes*
* A **chaotic** eater, life is so crazy and you just grab whatever you can and by the time you do, you are just too hungry. *No*
* A **healthy** eater, trying to make healthy choices for all your food; but at the expense of not listening to your intuitive signals of hunger, fullness, satisfaction, etc… *Yes*

Intuitive eating is a journey of curiosity, not a process of fact!

How long have you been dieting? 4 Years

How entrenched is your diet thinking? Very

How long have you been using food/dieting to cope with your life?

How willing are you to trust yourself? Kind of

How willing are you to put weight loss on the backburner? Mostly

Stages on the path:

1. **Readiness** to try anything. Tired of fighting / valuing yourself. Body image is negative. You feel stuck and discouraged. Ready to put weight loss on the backburner as you this will come later. We first have to reset the signals our body uses for eating.
2. **Exploration**. This is a phase of learning discovery, hyper-consciousness. Like learning to drive a car, you require a significant focus. Here on the signals from your body. Make peace with food and get rid of all the guilt associated with food. Come from a place of curiosity. You’ll recognize the importance of satisfaction and to learn to separate hunger from the unconscious factors above. You’ll probably eat more than your body needs and you may struggle to notice when you feel full. You may not feel very well while doing this as your % of previously play foods might go up, but remember you are making up for years of deprivation *(4 for me)*.
3. **Crystallization** (of your learnings in exploration). Some of the time you will notice your intuitive signals without having to focus on them. Food choices and responses to body signals will start to become intuitive. Will begin to understand fullness even if it’s not always followed. You will begin to find ways to sooth, cope and distract yourself with ways that don’t involve food.
4. **Awakening** - You will become a far more intuitive eater. You diet will become more balanced as you no longer need to keep testing that you can always eat any of the foods that you like. You’ll consistently choose what you want to eat when you’re hungry because your deprivation will have vanished. Food talk and self-talk will become far less critical and you will respect your body far more.
5. **Pleasure** – You will start to treasure being an intuitive eater, trust your signals on **hunger, fullness & taste preference**, discard unsatisfying situations and unappealing foods, you will start to feel a true conviction to stop using foods to deal with other problems / emotions in life. Like a toddler, not a thought about what you should be doing with your eating or how you should look, just unconsciously enjoying your eating enough.

## 10 Key Principles for Intuitive Eating

### 1. Reject the diet mentality

Take a moment to consider how the word diet makes you feel?

*Vulnerable, out of control, weak, feminine, unsustainable, temporary, hypocritical…*

Perhaps you can use dieting to distract yourself from the difficult aspects in your life. You might lose your hope of quick weight-loss. You may feel a void with a lack of dieting to do.

**Dieters Dilemma:**

Notes: Dieting is the biggest consistent predictor of being overweight in 3-5 years. So stop the dieting right now! Diets both damage your body and mind.

Dieting, mother nature (our body) protects itself against death from possible starvation by various mechanisms, so when you diet, your body responds by increasing appetite and thinking about food so that you don’t lose too much fat store otherwise you are going to die. You will end up thinking about food the whole time and your body will produce more fat producing enzymes through hormonal shifts to protect you.

Diets don’t work because of will power, successful people can experience this because in the other aspects of their life, they have real purpose and reward, where as with diet it’s will power which is actually synonimous with counteracting the natural path.

Each diet increases your abdominal fat, can’t feel hunger like you used to, reduce metabolism, increase stress.

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