

**The All-or-Nothing-Eater**  
**WORKBOOK**

from *Why Did I Just Eat That?* pages 28-35

## Affirmation



Refer to page 30 in the book, Step One. Admit that you understand, for your highest good, that there needs to be a change in your style of thinking. Take some quiet time to acknowledge this, then record your thoughts as a goal-oriented affirmation in the note below. You might write down, "I am moving toward a more flexible mindset," to record your affirmation, then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself this intention, explaining why—in your own words—this is important to you.

A large, hand-drawn rectangular area representing a note. A pushpin is pinned to the top center edge. The bottom right corner is folded over. At the bottom of the note, there are two lines for text: "Signature: \_\_\_\_\_" and "Date: \_\_\_\_\_".

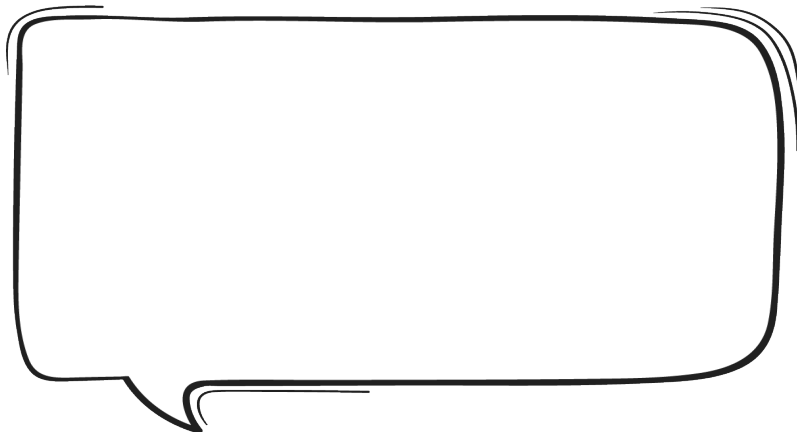
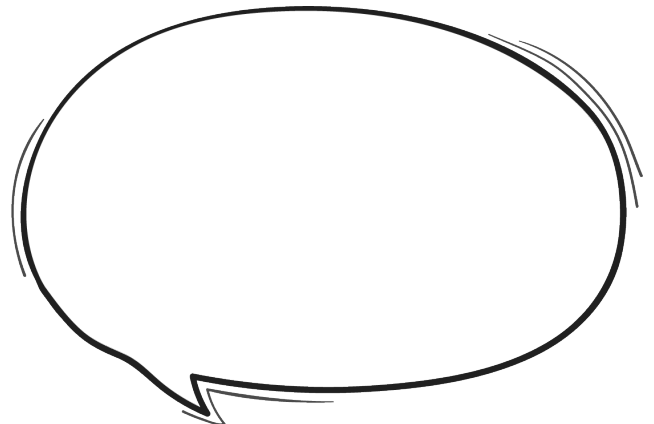
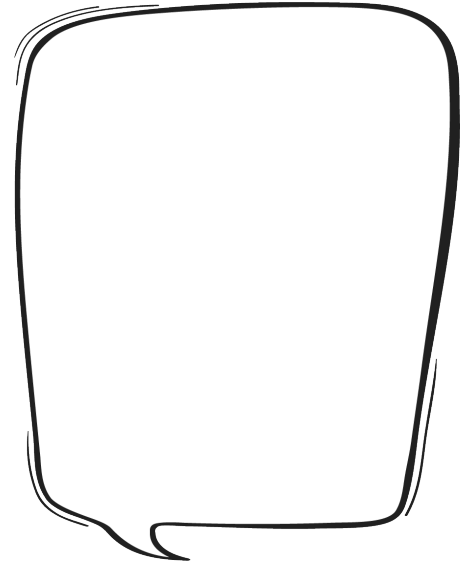
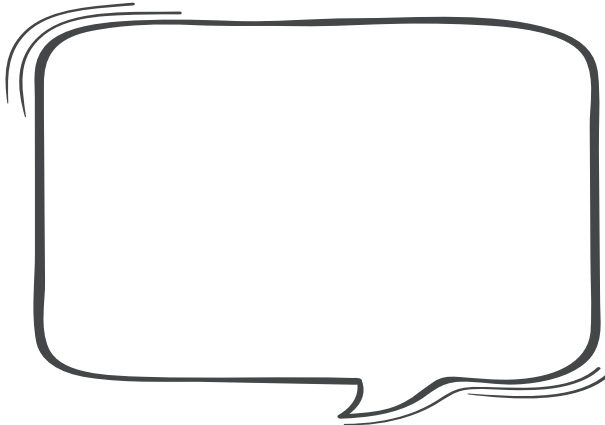
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## Observing Your All-or-Nothing Thoughts



Refer to page 31 in the book, Step Two. Now it's your turn to put your focus on your own All-or-Nothing thoughts. Keep track of these thoughts below. (Pay specific attention to the all-or-nothing thoughts you have about food, but any all-or-nothing thinking you might have is relevant.)



### Rework and Reframe



Refer to page 33 in the book, Step Three. Copy your own All-or-Nothing thoughts from the previous page into the spaces on the left side of the page below. Then add strategies on to the right of each thought that reflect a more flexible and less limiting way of thinking.

## Challenging the Critical Voice



Refer to page 34 in the book, Step Four. Observe how many times you catch yourself saying “I should,” or making a negative judgement about yourself. What were these “should” statements you have imposed upon yourself? Every time you say or think a “should” statement add a tally mark next to the statement:

A spiral-bound notebook with a metal spiral binding on the left side. The notebook is open to a blank page. On the right edge, there is a tab labeled "Tally List". The page is divided into two columns by a vertical line. The left column is labeled "Tally Count" and has a horizontal line below the label. The right column is labeled "Should Statements" and also has a horizontal line below the label. The notebook has a grey cover and the pages are white.

## Challenging the Critical Voice Contd.

**WHY**  
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Next ask yourself if there are “should” statements that would be better for you to let go of? Write down a commitment to yourself that you are letting go of those “shoulds.” Be specific about what “shoulds” you are releasing.

Should statements I'm letting go of

Letting Go

The image shows a spiral-bound notebook with a white page. At the top of the page, the text "Should statements I'm letting go of" is written in a simple, black, sans-serif font. Below this text is a horizontal line. On the right side of the notebook, there are three grey tabs. The middle tab is labeled "Letting Go" in a vertical orientation. The notebook has a black spiral binding on the left side.

## Challenging the Critical Voice Contd.



Now, consider “should” statements that you would like to keep, but need to renegotiate when or how or where you will work on them. Write down the specific “should” you chose to renegotiate and what the renegotiations bring about.

Renegotiate "shoulds"	Outcomes

## Challenging the Critical Voice Contd.



Finally, in this last section, below each statement you wrote out, write a statement saying that you forgive yourself for judging yourself or feeling you let yourself down. For example: if you judged yourself for eating the last piece of cake, write "I forgive myself for judging myself about eating the last piece of cake."

A spiral-bound notebook with a white cover and a silver spiral binding on the left. The notebook is open to a page with two columns. The left column is titled "Self Judgment" and the right column is titled "Forgiveness statement". Both titles are underlined. On the right side of the notebook, there are four grey tabs. The bottom-most tab is labeled "Forgiveness".



## Affirm Who You Are

WHY  
Did I Just  
Eat That?

Refer to page 35 in the book, Step Five. Finally... take ownership of the following statement, by putting your name in the provided blank space. Cut it out and tape it somewhere you can see it every day, to your bathroom mirror for example. Try to repeat your new affirmation to yourself each day for at least a month. Repetition is key!

