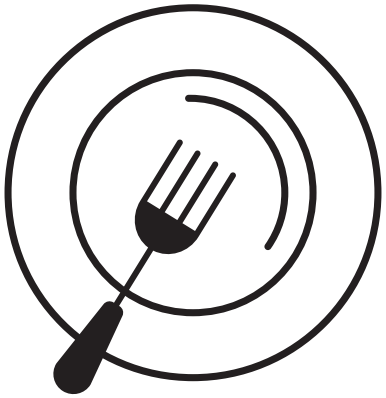

The Clean-Plate Eater

WORKBOOK

from ***Why Did I Just Eat That?*** pages 37-45

Affirmation

Refer to page 40 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.

Signature: _____

Date: _____

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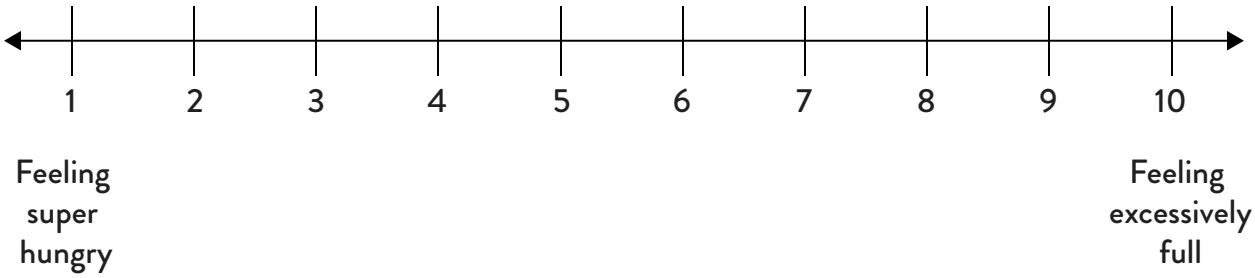
Food Diary

Refer to page 41 in the book, Step Two. First, become aware of your hunger/fullness meter. Your hunger/fullness meter is a scale that measures the range of sensations from feeling hungry to feeling full, refer to the one below:



Now time to complete the Food Diary below for one week. Make particular note of occasions when you ate out of feelings of obligation. At the end of the week, what do you notice? Does finishing everything on your plate push you to a "9" or a "10," excessively full?

What I ate...	% of food eaten	Fullness feeling on hunger/fullness meter

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Food Diary, continued

What I ate...	% of food eaten	Fullness feeling on hunger/fullness meter

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Food Diary, continued

What I ate...	% of food eaten	Fullness feeling on hunger/fullness meter

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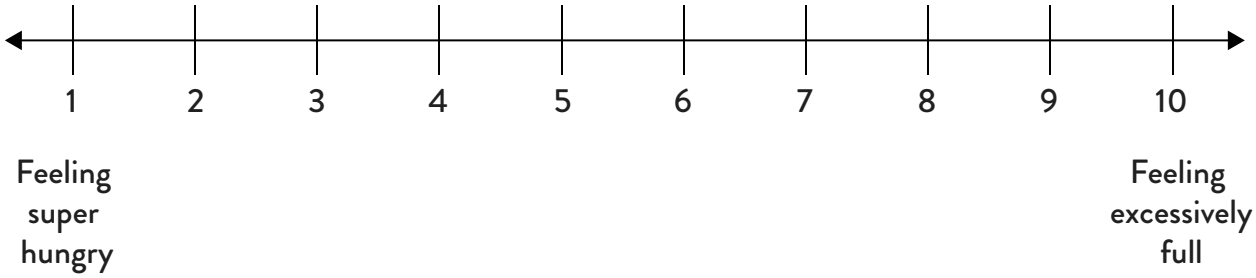
Rework and Reframe

Refer to page 42 in the book, Step Three. Start another worksheet—similar to the last one—this time being mindful of a goal to stop eating at a level of around "7" on your hunger/fullness meter. Check-in with your hunger/fullness rating before the meal, in the middle of the meal, and at the end of the meal. Where are you on a scale of 1 to 10 at each of these points? (The number where you are at the middle of a meal is very significant as it signals your brain and stomach just how far away you are from the meal ending and from you being full enough.)



Hunger/Full scale at the start of the meal	Hunger/Full scale in the middle of the meal	Hunger/Full scale at the end of the meal

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Rework and Reframe, continued

Hunger/Full scale at the start of the meal	Hunger/Full scale in the middle of the meal	Hunger/Full scale at the end of the meal

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Rework and Reframe, continued

Hunger/Full scale at the start of the meal	Hunger/Full scale in the middle of the meal	Hunger/Full scale at the end of the meal

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Affirm Who You Are

Refer to page 44 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!

I am

I honor the wisdom of my body and pay attention to the cues that my body alerts me with. I eat when hungry, stop when satisfied, and I am grateful for my food.

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