

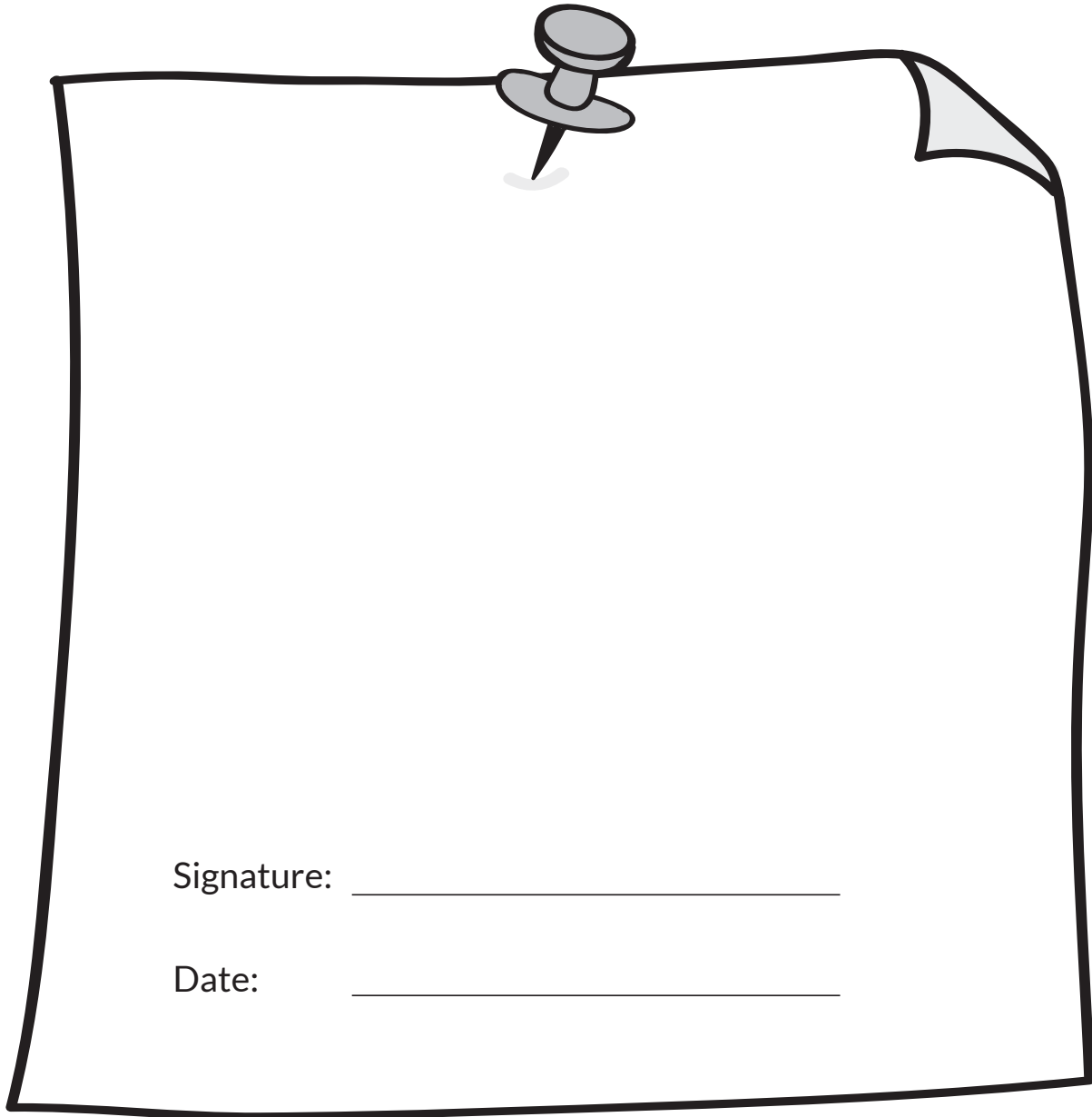
# **The Fad-Food Eater**

## WORKBOOK

from *Why Did I Just Eat That?* pages 65-76

**Affirmation**

Refer to page 68 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 in the note below. You might write, "I am flexible in my approach to food. I honor my body, trusting its intuition by eating a wide variety of nutritious foods when I am hungry (and working in some 'fun foods' too!) and stopping when I am no longer hungry." Then sign and date it. I also recommend finding a moment each day to look in the mirror and remind yourself of this intention, and why—in your own words—this is important to you.



Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Past Diet List**

 WHY  
Did I Just  
Eat That?

Refer to page 69 in the book, Step Two. To the best of your recollection, make a list of the various diets you've ever been on, and the approximate dates and durations. Memory can be unreliable at first, especially when it comes to plans that did not work out as hoped for. So it may take you a little while to fully complete this exercise, and that's okay. It is important to take stock of where you are coming from, in order to help frame the direction you wish to go in. As you make your list, make note of a few important elements: Where did you first hear of each diet? Were the sources reliable, or something a bit more shaky? Perhaps you read about it online or in a magazine? How did you feel at the start of the diet? How did you feel at the end? Why did this way of eating end? Are you pleased with the outcome of any of these diets? Knowing what you know now, would you have embarked on any of them in the first place?

Diet Type / Description	Source of Diet	Start Date	End Date	Why Diet Ended	Satisfaction / Success level

## Past Diet List, continued



Diet Type / Description	Source of Diet	Start Date	End Date	Why Diet Ended	Satisfaction / Success level

## Challenging Old Behaviors



Refer to page 70 in the book, Step Three. After you have completed the previous section, here are a few more questions to consider about your current attitude toward dieting.

Additional Questions

Do you feel that you must have restrictions attached to your eating or you might lose control?

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Do you feel like you have a love/hate relationship with the idea of conventional restrictive dieting?

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What have you learned about yourself when it comes to dieting?

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Do you feel that conventional restrictive dieting works for you?

Additional Questions

## New Directions

WHY  
Did I Just  
Eat That?

Refer to page 70 in the book, Step Four. My guidance is for people to acknowledge that adapting an eating strategy is important; what matters is what that strategy is, and how it works. So rather than back into yet another eating strategy based on fad thinking, I suggest you first give some thought to how a new empowering, healthy eating strategy might manifest.

New Directions

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What would your ideal strategy look like?

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What benefits of a new eating strategy do you wish to have?

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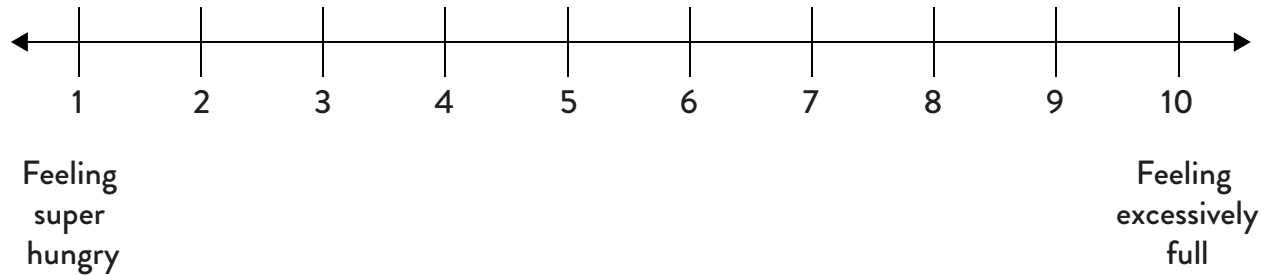
How would a positive, new eating strategy affect not only your eating habits but how you perceive yourself?

New Directions

## Food Diary



Refer to page 72 in the book, for the second part of Step Four. 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:



A targeted diary can be very helpful. Filling in the information at each meal is an effective way to get a sense of how attuned you are with your body’s cues. (I recommend that people try not to let their hunger drop below “3,” and that they stop eating at around “7.”)

Day/ Time	Hunger level	Breakfast	Optional Snack	Lunch	Optional Snack	Dinner	Optional Snack
	Start:						
	Finish:						
	Start:						
	Finish:						

**Food Diary, continued**



Day/ Time	Hunger level	Breakfast	Optional Snack	Lunch	Optional Snack	Dinner	Optional Snack
	Start:  Finish:						
	Start:  Finish:						
	Start:  Finish:						
	Start:  Finish:						



**Affirm Who You Are****WHY  
Did I Just  
Eat That?**

Refer to page 76 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!

