

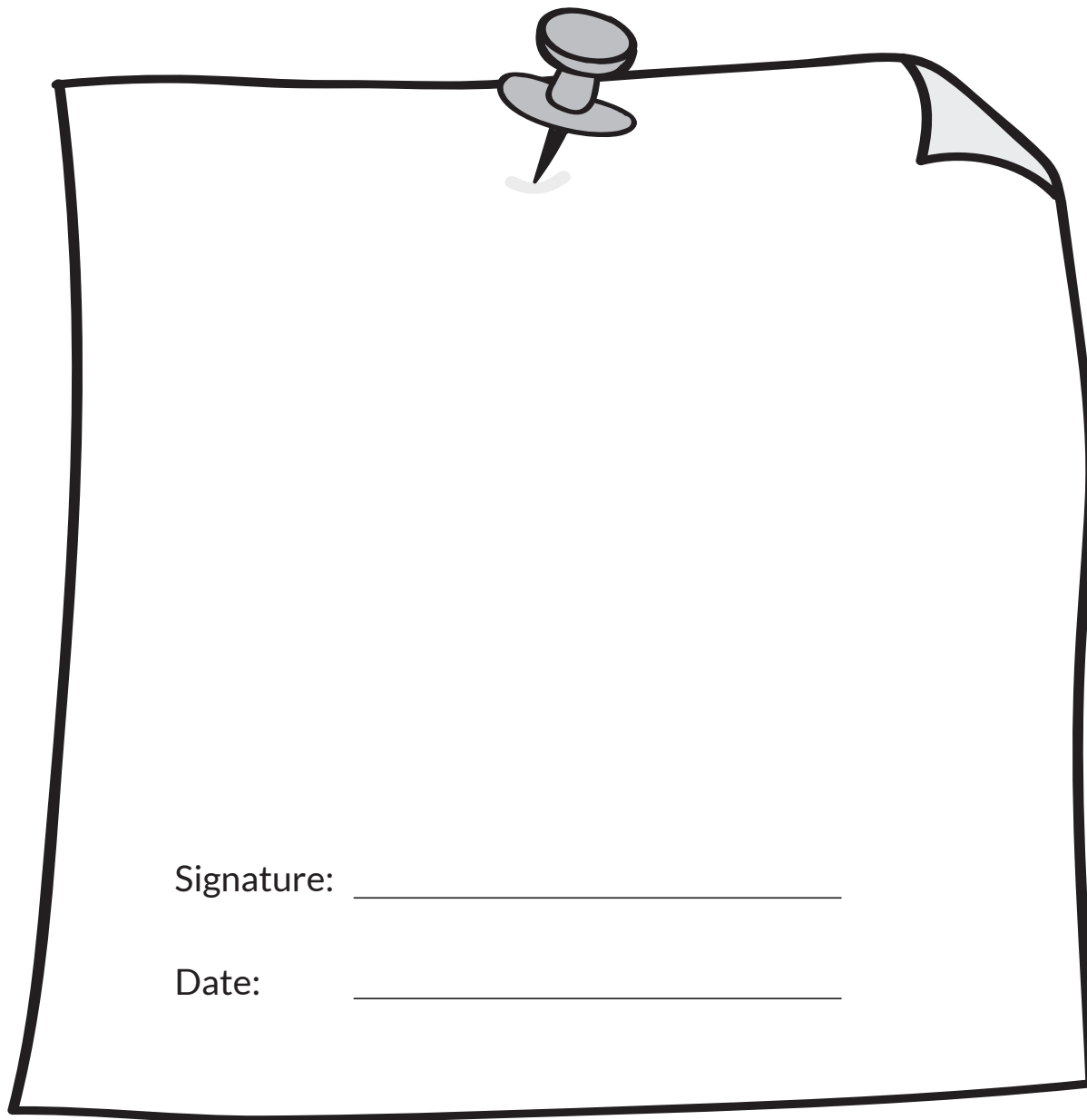
The Food Whisperer
WORKBOOK

from *Why Did I Just Eat That?* pages 87-96

Affirmation

WHY
Did I Just
Eat That?

Refer to page 90 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 down, "I am creating a healthy relationship with food as I open my heart up to clear and firm communication with the people in my world," 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: _____

Instances When You Feel/Felt Unheard

**WHY
Did I Just
Eat That?**

Refer to page 92 in the book, Step Two. Note any instance during the next few days when what you say goes unacknowledged. Be aware of the dynamics in these situations; it is important to simply become familiar with the dynamics of these interactions. Pay particular attention to the times you wished you had found your voice but hadn't. Become aware, also, of what went on inside of you when you felt ignored, unacknowledged, or invalidated, when you felt there were strains of guilt or coercion in how they communicated their ideas, and felt discouraged from stating what was true for you.

Most importantly, make note of any or all times when you found yourself eating or restricting out of feelings of frustration or feelings of lack of control over your world.

When	Description

Instances When You Feel/Felt Unheard, continued



When	Description

Learning to be Heard

 WHY
Did I Just
Eat That?

Refer to page 93 in the book, Step Three. Go over the list you put together in Step Two, and identify times you felt unheard or disregarded, and identify the other person involved in that event. If appropriate and possible, approach them to communicate your feelings. Avoid “you” statements (as in, “You never listen to me, like last night at dinner when I said...”) which is more likely to trigger a defensive reaction because the other person might take it as an attack. It is much more effective to use “I” statements (as in, “Last night at dinner, I felt unlistened to when I said...”).

Before you speak to the other person, it is a good idea to write out what you plan on saying. You need not have these notes with you when you do speak, but it is a good idea to have worked out in advance how you plan to broach the subject.

Person	What I will Say

Learning to be Heard, continued



Person	What I will Say

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

Refer to page 96 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!

