



**The Get-It-While-You-Can
Eater**

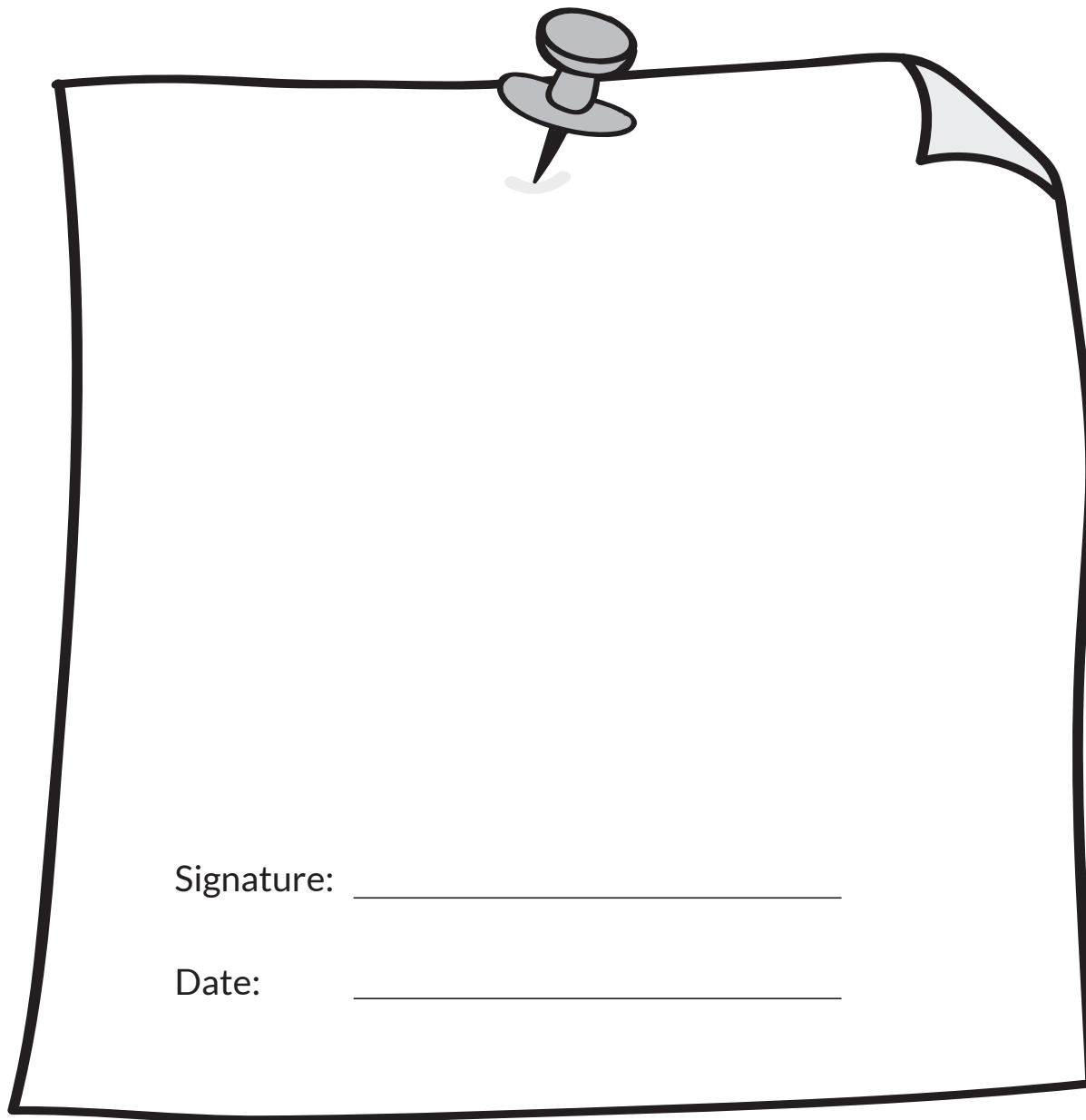
WORKBOOK

from *Why Did I Just Eat That?* pages 97-105

Affirmation

WHY
Did I Just
Eat That?

Refer to page 100 in the book, Step One. Admit that you understand, for your highest good, that there needs to be a change in your relationship with food. Take some quiet time to acknowledge this then record your thoughts in your notebook or the downloaded workbook pages. You might write down, "I am open to feelings of abundance and listening to my body's nutrition-related wisdom," in the space marked Affirmations below, then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself of this intention.



Signature: _____

Date: _____

Letter to myself, (from the point of view as the child I once was)



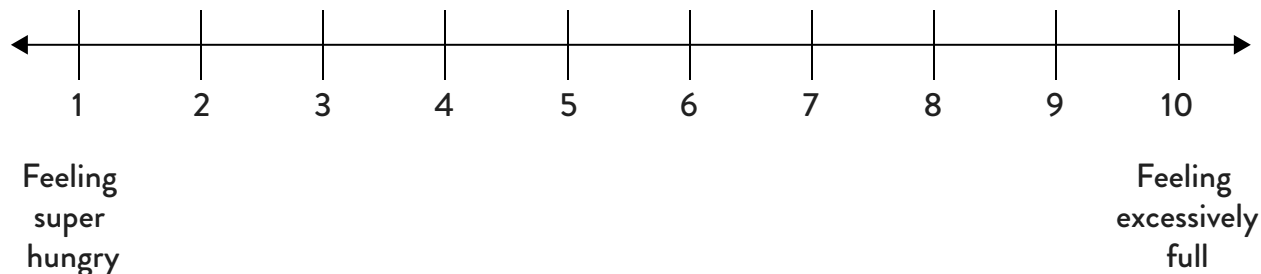
Refer to page 101 in the book, Step Two. Write a letter to yourself from the point of view of you as a child. Describe what mealtime felt like. Was there a sense of lack? Were there siblings to compete with over a limited amount of food? Explore what it felt like to not know if you were going to have enough to eat.

A spiral-bound notebook with a black cover and silver spiral binding. The notebook is open to a page with the title "Letter To My Child Self" written in a cursive font and underlined. Below the title is a large area of horizontal dotted lines for writing.

Mood/Food Diary



Refer to page 101 in the book, the second part of Step Two. Keep track of what you eat, when you eat, and your levels of hunger and fullness for each meal or snack. It is important that before you start your diary, you first understand how to track levels of hunger and fullness. I recommend creating a hunger/fullness meter, a scale that measures the range of sensations from feeling hungry to feeling full in increments of 1 to 10, with “1” being super hungry and “10” feeling excessively, uncomfortably full.



Date	Meal	Time	Food	Start Hunger Level	End Hunger Level	Mood-Related Comments and Observations
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Mood/Food Diary, continued



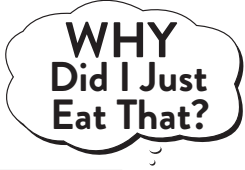
Date	Meal	Time	Food	Start Hunger Level	End Hunger Level	Mood-Related Comments and Observations
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Mood/Food Diary, continued



Date	Meal	Time	Food	Start Hunger Level	End Hunger Level	Mood-Related Comments and Observations
	Breakfast Snack Lunch Snack Dinner Snack					
	Breakfast Snack Lunch Snack Dinner Snack					

Mood/Food Diary, continued



Date	Meal	Time	Food	Start Hunger Level	End Hunger Level	Mood-Related Comments and Observations
	Breakfast Snack Lunch Snack Dinner Snack					
	Breakfast Snack Lunch Snack Dinner Snack					



Letter from my adult self, to my child self

Refer to page 102 in the book, Step Three. Write a letter from your adult self to your child self. Be compassionate and understanding of the feelings of the past you, with compassion and understanding as seen from your current perspective of safety and security. Comfort that "past you" with the reassuring knowledge that scarcity and lack are no longer the case in your life. Include in your letter any observations you were able to draw from your Mood/Food Diary about old patterns that may no longer serve you.

Letter To My Child Self

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Food Diary



Refer to page 103 in the book, Step Four. Complete the food diary and remember that the last column should contain an affirmation: "I choose to stop eating when I am no longer hungry, because I know I can eat more later when I do feel hungry."

Date	Meal	Time	Food consumed	Remember to tell yourself at each meal:
	Breakfast			
	Snack			
	Lunch			
	Snack			
	Dinner			
	Snack			
	Breakfast			
	Snack			
	Lunch			
	Snack			
	Dinner			
	Snack			

Food Diary, continued



Date	Meal	Time	Food consumed	Remember to tell yourself at each meal:
	Breakfast Snack Lunch Snack Dinner Snack			
	Breakfast Snack Lunch Snack Dinner Snack			

Food Diary, continued



Date	Meal	Time	Food consumed	Remember to tell yourself at each meal:
	Breakfast Snack Lunch Snack Dinner Snack			
	Breakfast Snack Lunch Snack Dinner Snack			

Food Diary, continued



Date	Meal	Time	Food consumed	Remember to tell yourself at each meal:
	Breakfast Snack Lunch Snack Dinner Snack			
	Breakfast Snack Lunch Snack Dinner Snack			

Food Diary, continued



Date	Meal	Time	Food consumed	Remember to tell yourself at each meal:
	Breakfast Snack Lunch Snack Dinner Snack			
	Breakfast Snack Lunch Snack Dinner Snack			

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

Refer to page 105 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!

