



The Rebellious Eater

WORKBOOK

from *Why Did I Just Eat That?* pages 147-156

Affirmation



Refer to page 150 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 moving toward asserting more control over the things in my life that are important to me," then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself of this intention, and why—in your own words—that this is important to you.

A large, hand-drawn rectangular area for writing. At the top center, a pushpin is pinned to the paper. At the bottom left, there are two horizontal lines for writing, labeled "Signature:" and "Date:" respectively. The right side of the rectangle is slightly curved, suggesting a folded corner.

Behavior Observations

WHY
Did I Just
Eat That?

Refer to page 151 in the book, Step Two. Observe the occasions you're feeling angry, frustrated, or upset and food becomes your go-to instead of using your voice. Keep track of these incidents below. The bottom of page 151 and the top of page 152 in the book has some examples. Spend a week or so watching and recording your responses and reactions to these triggers until you see patterns emerge. Take your time with this process and be gentle with yourself if you identify trends about your behavior that you realize you don't like.

Behavior Observations, continued

A large, empty speech bubble with a rounded top and a tail pointing downwards and to the left, intended for handwritten notes.A large, empty speech bubble with a rounded top and a tail pointing downwards and to the left, intended for handwritten notes.A large, empty speech bubble with a rounded top and a tail pointing downwards and to the left, intended for handwritten notes.A large, empty speech bubble with a rounded top and a tail pointing downwards and to the left, intended for handwritten notes.A large, empty speech bubble with a rounded top and a tail pointing downwards and to the left, intended for handwritten notes.

Re-examine Your Own Behaviors



Refer to page 155 in the book, Step Three. Now that you've had a chance to consider the three examples of empowering responses on page 153 and 154 in the book, it's your turn. Review the observations of your personal instances of rebellious eater behaviors that you noted in Step Two of the exercises. Then, write down your own empowering responses to each of these observations below.

Re-examine Your Own Behaviors, continued

A small, rounded rectangular speech bubble with a tail pointing downwards and to the right.A large, rounded rectangular speech bubble with a tail pointing downwards and to the right.A small, rounded rectangular speech bubble with a tail pointing downwards and to the right.A large, rounded rectangular speech bubble with a tail pointing downwards and to the right.A small, rounded rectangular speech bubble with a tail pointing downwards and to the right.A large, rounded rectangular speech bubble with a tail pointing downwards and to the right.A small, rounded rectangular speech bubble with a tail pointing downwards and to the right.A large, rounded rectangular speech bubble with a tail pointing downwards and to the right.A small, rounded rectangular speech bubble with a tail pointing downwards and to the right.A large, rounded rectangular speech bubble with a tail pointing downwards and to the right.

Plan Ahead for Your Emotion Triggers

WHY
Did I Just
Eat That?

Refer to page 155 in the book, Step Four. Reflect each morning how you are planning to deal with the emotion triggers that might urge you to eat. Reflect each evening how you respond during that day. Visualizing standing up for yourself is a great tool to support these reflections. Do this each day until it is second nature. Be patient and flexible. No need to try to be perfect; good enough is good enough.

The notebook is divided into two columns. The left column is titled "Morning Reflections" and features a sun icon. The right column is titled "Evening Reflections" and features a moon and stars icon. Both columns have a horizontal line below the title for writing.

Plan Ahead for Your Emotion Triggers, continued

A spiral-bound notebook with a vertical line down the center. The left side is titled "Morning Reflections" with a sun icon. The right side is titled "Evening Reflections" with a moon and stars icon. Both titles are underlined. The notebook has a spiral binding at the top.

Morning Reflections



Evening Reflections

Plan Ahead for Your Emotion Triggers, continued

A spiral-bound notebook with a vertical line down the center. The left side is titled "Morning Reflections" with a sun icon. The right side is titled "Evening Reflections" with a moon and stars icon. Both titles are underlined. The notebook has a spiral binding at the top.

Morning Reflections



Evening Reflections

Affirm Who You Are

WHY
Did I Just
Eat That?

Refer to page 156 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!

