

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.

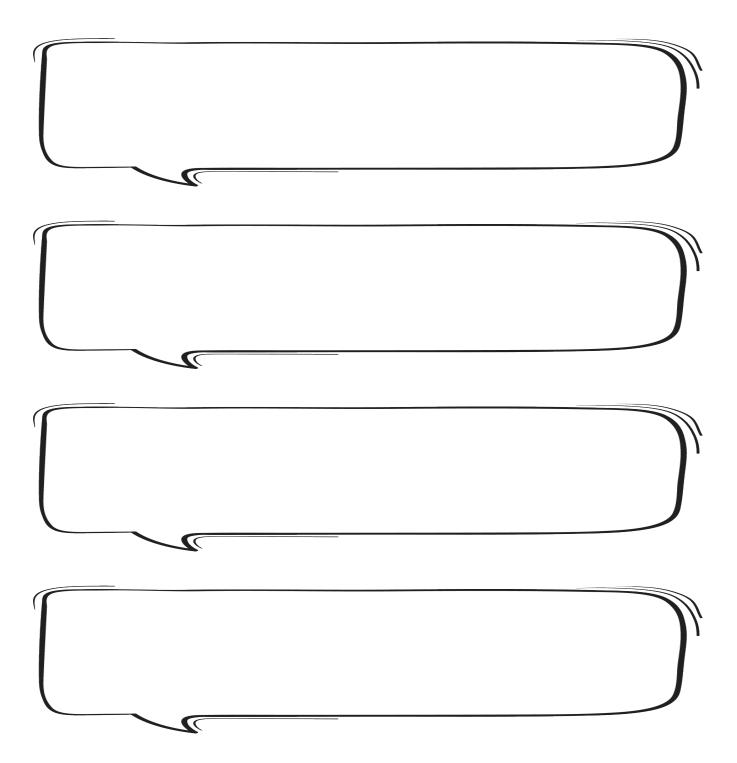
Signature: Date:		

THE REBELLIOUS EATER

Behavior Observations

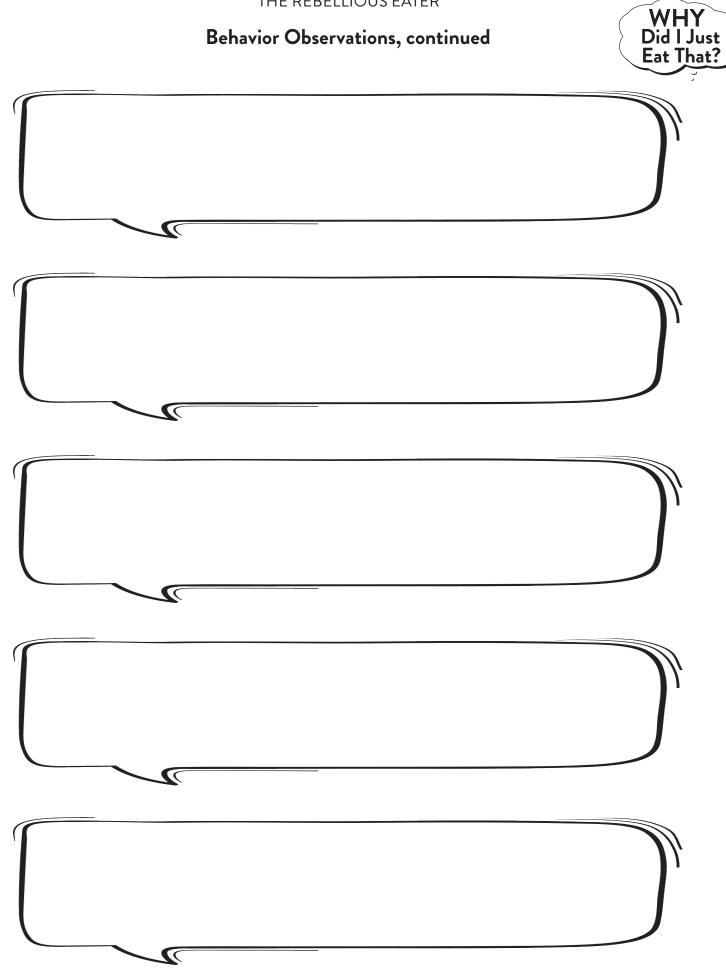


Refer to page 151 in the book, Step Two. Observe the occasions you're feeling angry, frustrated, or upset and food becomes your go-to instead of using your voice. Keep track of these incidents below. The bottom of page 151 and the top of page 152 in the book has some examples. Spend a week or so watching 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.



THE REBELLIOUS EATER

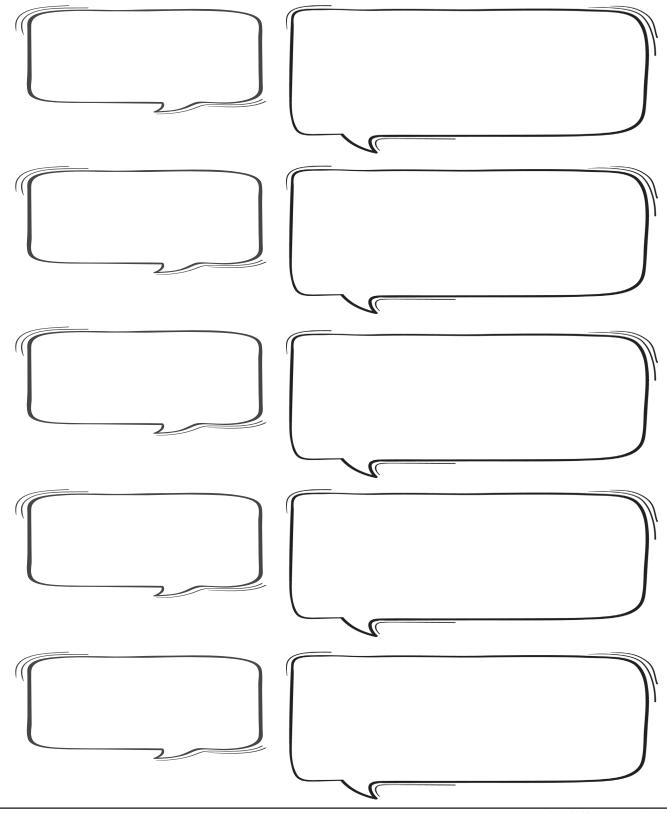
Behavior Observations, continued



Re-examine Your Own Behaviors



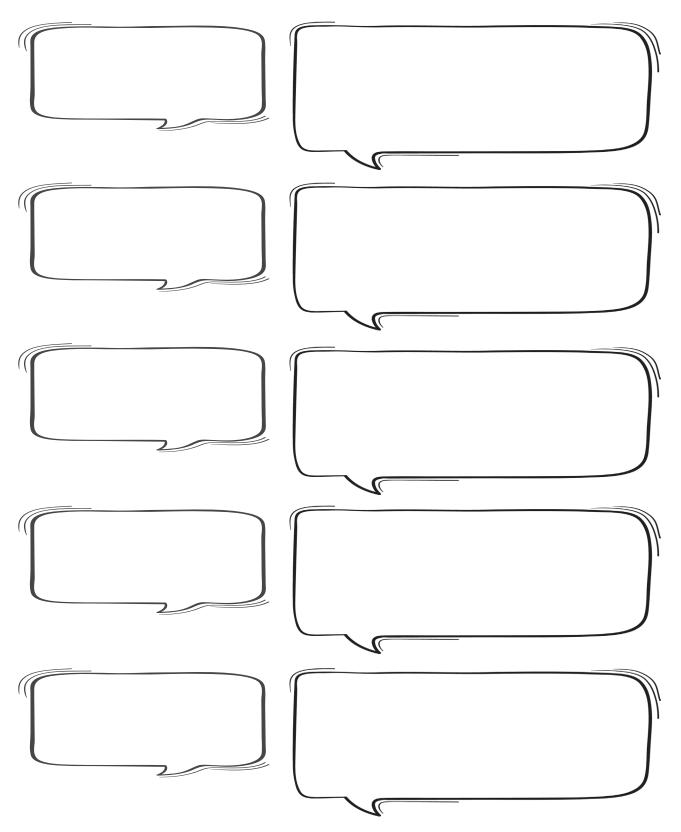
Refer to page 155 in the book, Step Three. Now that you've had a chance to consider the three examples of empowering responses on page 153 and 154 in the book, it's your turn. Review the observations of your personal instances of rebellious eater behaviors that you noted in Step Two of the exercises.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



THE REBELLIOUS EATER

Re-examine Your Own Behaviors, continued





Plan Ahead for Your Emotion Triggers



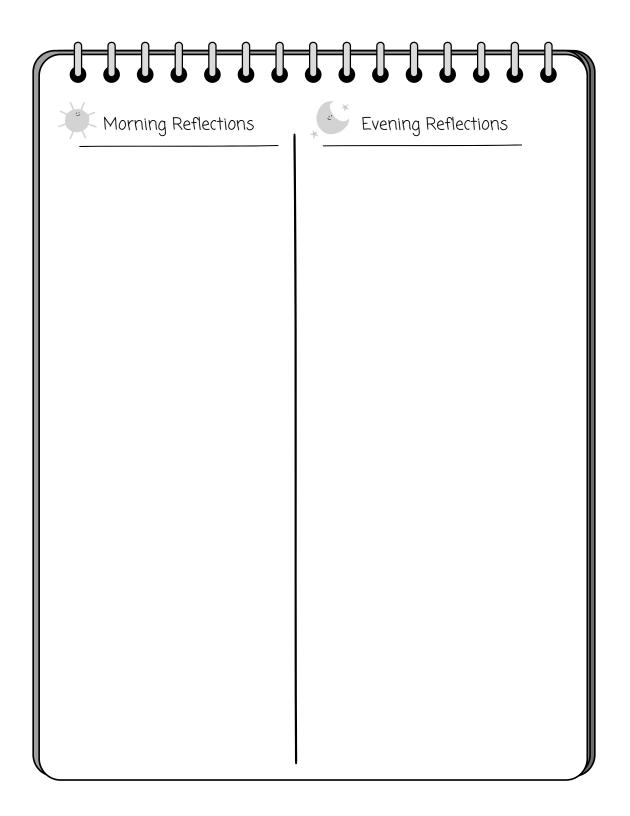
Refer to page 155 in the book, Step Four. Reflect each morning how you are planning to deal with the emotion triggers that might urge you to eat. Reflect each evening how you respond during that day. Visualizing standing up for yourself is a great tool to support these reflections. Do this each day until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

Morning Reflections	Evening Reflections



Plan Ahead for Your Emotion Triggers, continued

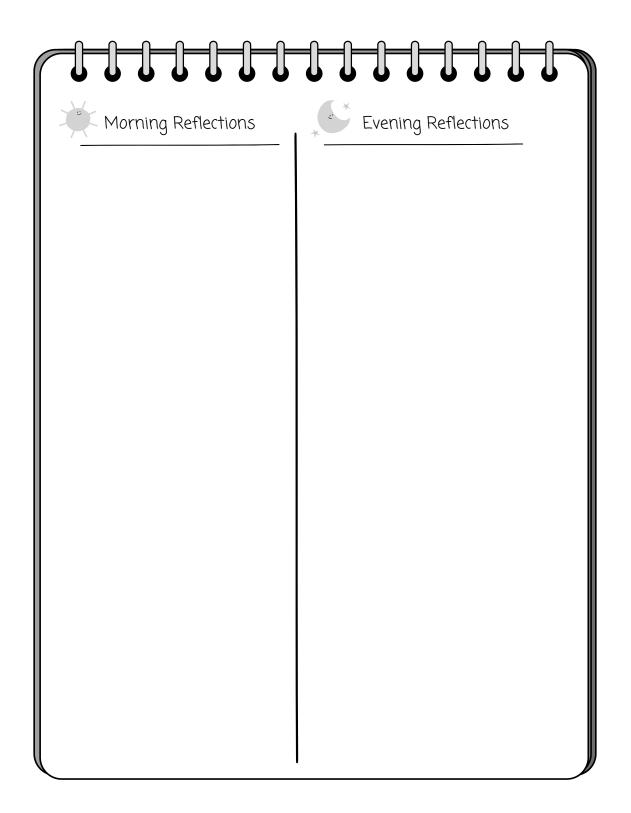






Plan Ahead for Your Emotion Triggers, continued





Affirm Who You Are



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!

