

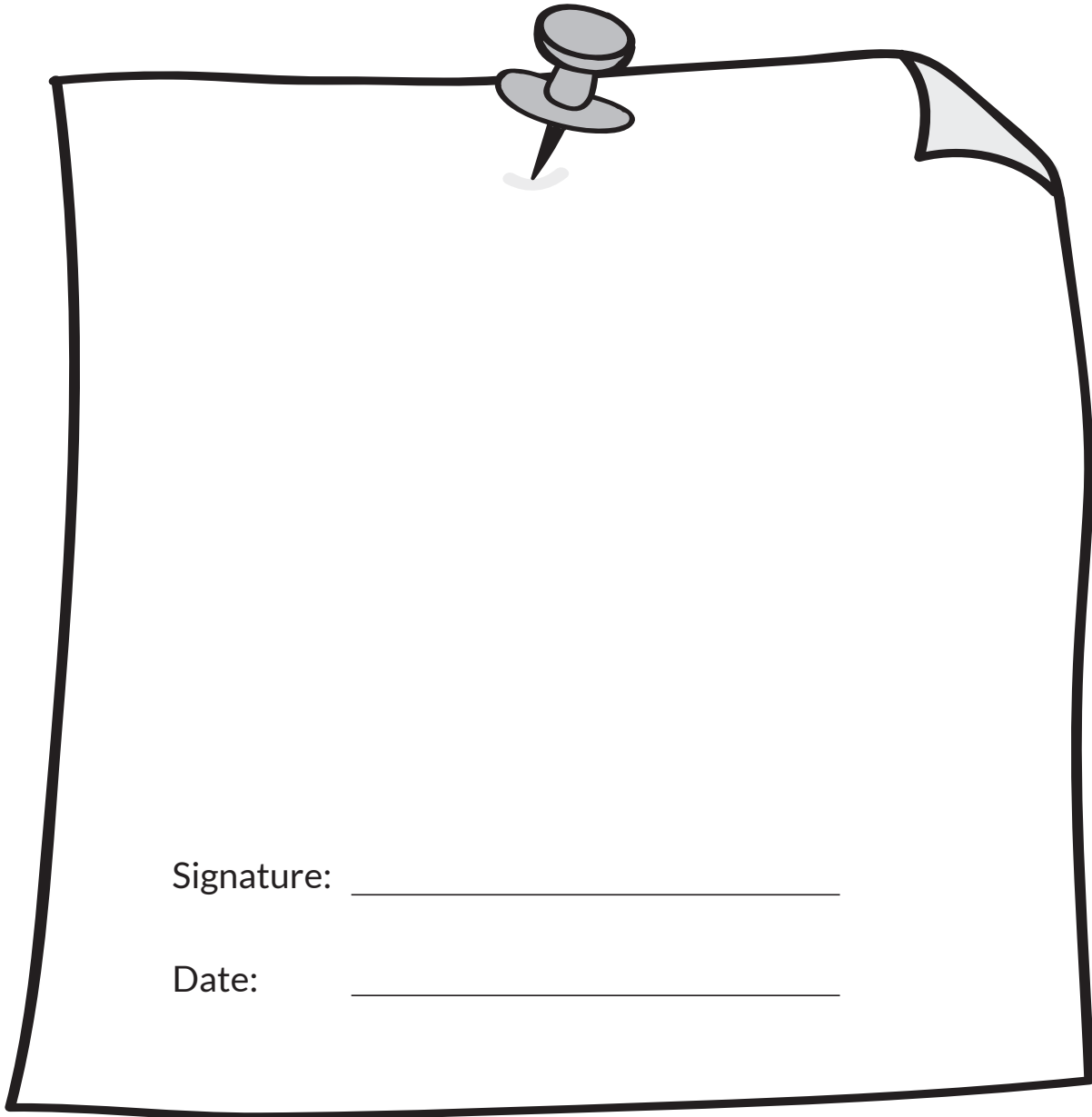


The See-Food Eater
WORKBOOK

from *Why Did I Just Eat That?* pages 157-166

Affirmation

Refer to page 159 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 opening myself up to creating a healthy relationship with food and accepting awareness of what my body is experiencing and what it needs," 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: _____

Observe Your Impulsive Eating



Refer to page 160 in the book, Step Two. Keep track of the times you find yourself impulsively eating foods you happen to see outside of meal or snack time. List them below.

A large, spiral-bound notebook with a white page. The word "Observations" is written in the center of the page and is underlined. The notebook has a black cover and a silver spiral binding on the left side.

Analyze Your Impulsive Eating

WHY
Did I Just
Eat That?

Refer to page 163 in the book, the second part of Step Two. In the previous exercise you made a list of “See-Food” events. As you have been giving the matter thought and have become more aware of this dynamic, you may have noticed that you wrote down a few more “See-Food” events than you had expected to at first. In this next step, consider your desire to have each item, listing all the reasons why eating that item seems like a good idea. And then, following that, challenge the idea of eating these foods with reasons why it isn’t such a good idea.

Food Item:

Reasons to eat what you see:

Reasons challenging eating this food:

Analyze Your Impulsive Eating, continued



Food Item:

Reasons to eat what you see:

Reasons challenging eating this food:

Food Item:

Reasons to eat what you see:

Reasons challenging eating this food:

Analyze Your Impulsive Eating, continued



Food Item:

Reasons to eat what you see:

Reasons challenging eating this food:

Food Item:

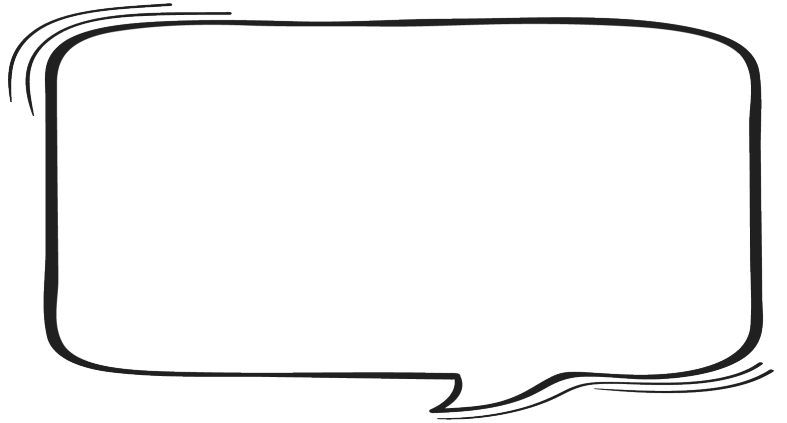
Reasons to eat what you see:

Reasons challenging eating this food:

Address Your Impulsive Eating



Refer to page 166 in the book, Step Four. Every time you find yourself in a “See-Food” situation—that is, whenever you find yourself enticed to impulsively eat something—have a conversation with your body. Complete the spaces below.



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

Refer to page 166 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!

