



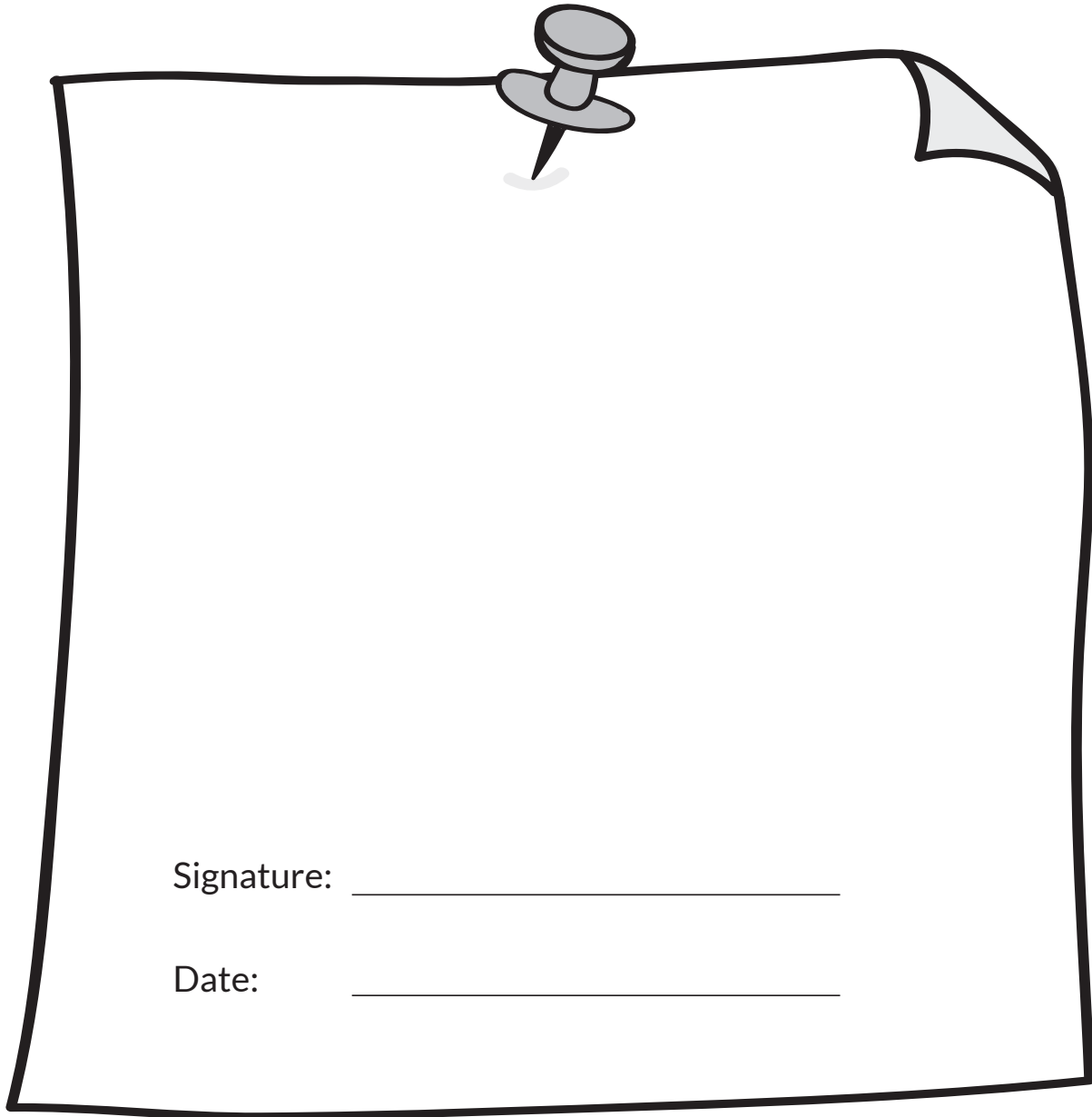
**The Taking-Care-Of-
Everyone-But-Me Eater**

WORKBOOK

from *Why Did I Just Eat That?* pages 177-187

Affirmation

Refer to page 181 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 willing to open my heart to embrace myself and my needs, taking time to give myself the care that I deserve," 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.

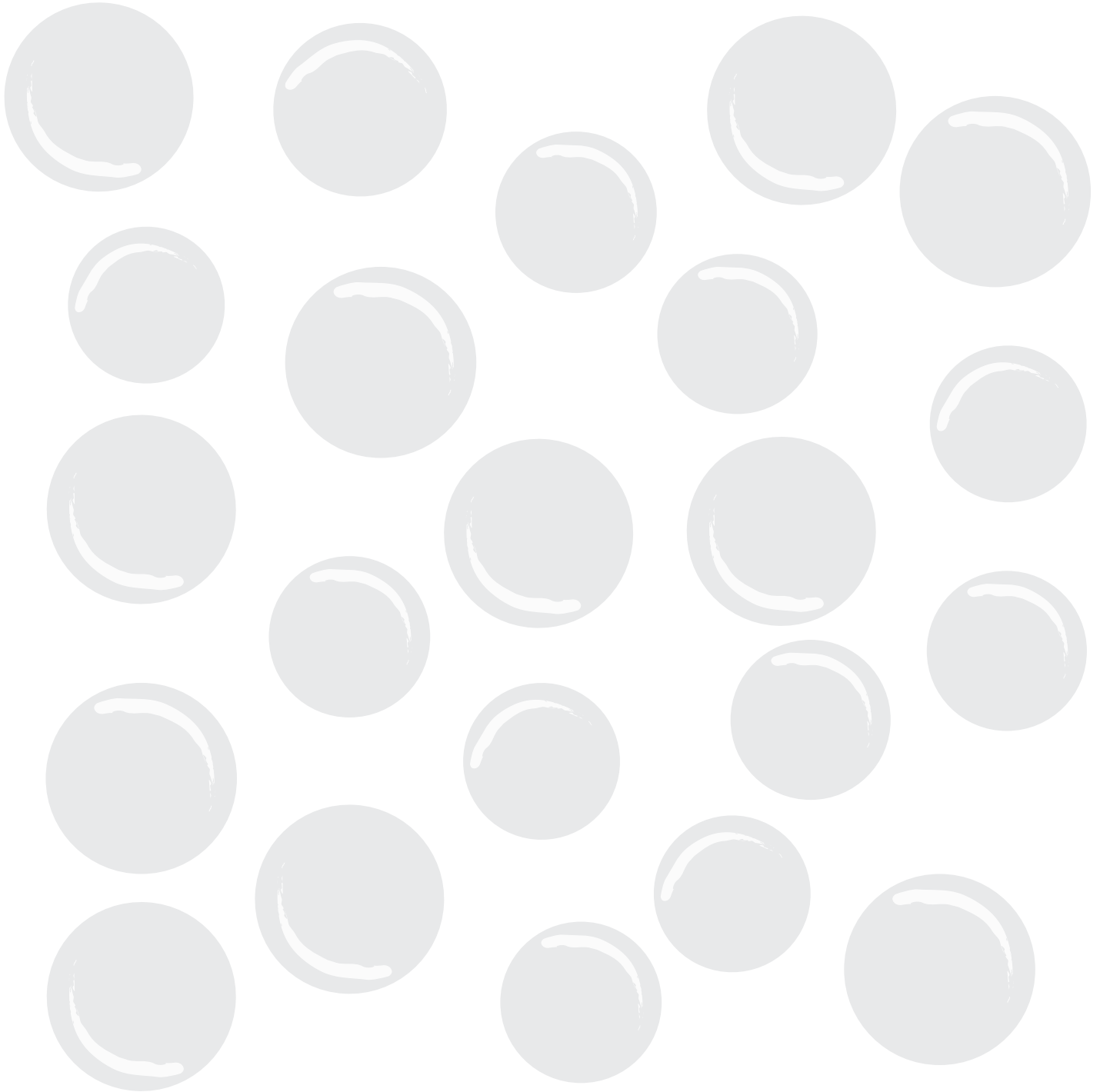


Signature: _____

Date: _____

Taking Care of Others

Refer to page 182 in the book, Step Two. Keep track of all the time you spend focused on doing things for other people for at least a week. You needn't log it exactly or minute by minute; a general sense is perfectly fine. The point here is to get a sense of the proportion of time you spend taking care of other people. Remember to consider all of the other relationships in your life, personal as well as professional. Instructions: In each space below, make note of the amount of time spent taking care of others.



Time Spent Doing Things For Me

Refer to page 183 in the book, Step Three. Keep track of the amount of time you spend doing something just for you, including nourishing yourself, moving your body, and allowing quiet time for reading, reflection, or meditation. Also note the quality of the things you do for yourself. How much satisfaction are you deriving from these activities? Is there an obvious lopsidedness in your care efforts that favor other people over your own needs? Additionally, are you taking time for balanced meals and snacks, or grabbing something quick and convenient but not very nutritious? Do you find yourself eating when you are not hungry? Keep track of any such details that might seem relevant.

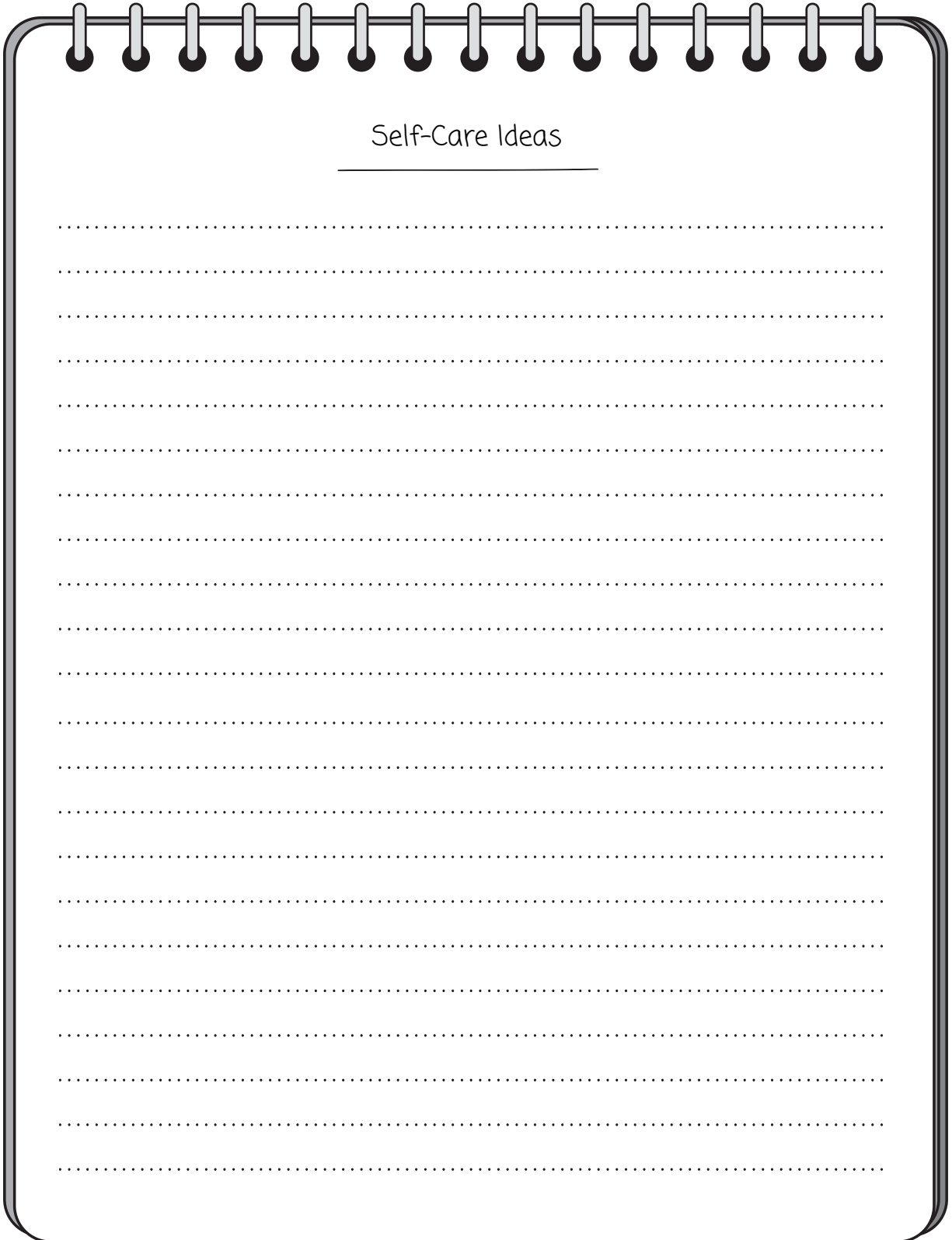
Activity	Time Spent	Satisfaction Level

Time Spent Doing Things For Me, continued

Activity	Time Spent	Satisfaction Level

Self-Care Ideas

Refer to page 185 in the book, Step Four. Make a plan to build self-care into your week. Even if you can devote just 15 minutes a day to yourself, it's 15 minutes well spent, as long as these 15 minutes demonstrate your honest, mindful commitment to your own well-being. Refer to the examples in the book and make a list below of ways you might provide self-care.



The image shows a spiral-bound notebook with a lined page. The page is titled "Self-Care Ideas" and has a horizontal line underneath the title. Below the title, there are 20 horizontal dotted lines for writing. The notebook has a silver spiral binding on the left side.

Affirm Who You Are

Refer to page 186 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!

