

the
SOC • i • EAT • y

Making Peace with Food



Ditch your food rules and learn
to view all foods equally



The SociEATy founder **Colleen Christensen**

The Food Rules List

Identify & Break the Rules!

Use this worksheet to first write down all of your food rules. It's okay if you forget some or discover some later, you can always add to this list! Simply take a moment to write out the ones you know of.

Next, order your rules from easiest to hardest to break, 1 being the easiest and working your way up.

Take that first rule and make a plan to break it! I recommend making this a daily or multiple time per week thing (depending on the rule) in order to truly normalize it.

Once you feel comfortable with breaking that rule, move on to the next! You can work as fast or as many at a time as you like, but there is no pressure or rush to do so!

food rules:

example: bread is bad, so avoid sandwiches

order #:

complete#:

Food Rule Breaking Planner

food rules:

Ways to eat this food:

1

example: I will bring a cookie for lunch OR I will add crushed cookies to my breakfast smoothie

2

3

4

5

food rule breaking tips:

- Be sure to eat mindfully when breaking your food rules. Notice the taste/texture/smells!
- It's a good idea to plate your food and sit down to create a full experience when possible
- Be sure to also take note of your emotional state!

reminders:

- There is no timeline for this.
- Different food rules may take longer than others to break.
- Plan to break the food rule and continue to do so repeatedly until it no longer causes you guilt/stress/anxiety.

Food Rules Reflection

Take it Beyond Just Eating Food!

As you work through your food rules you can use this worksheet as a way to reflect on your experiences. This will allow you to identify your preferences and also find what FEELS good!

food rules:

Reflect on the taste and eating experience, was it enjoyable? Did it satisfy you?

What did you like about it, what did you not?

Reflect on the amount you ate, was it enough, was it comfortable?

What thoughts or feeling arose? Reflect on them. What is true and what is not?

Is there anything you'd change for next time?

Finding Satisfaction

Take note of various aspects of food that you enjoy & your food preferences as well as aspects that you don't! This can be about specific foods, eating patterns, etc.!
Notice what feels good and what does not.

Things I enjoy & find satisfying:

Things I don't enjoy or find satisfying:

Raisin Meditation

Take note of various aspects of food that you enjoy & your food preferences as well as aspects that you don't! This can be about specific foods, eating patterns, etc.! Notice what feels good and what does not.

Use this exercise to help you become more mindful during the eating process. Allow yourself to fully experience the foods you're eating in order to become familiar with both hunger and satisfaction.

- Step 1** Take the raisin and hold it in your hands. Take a look at the raisin. Imagine that you've never seen it before. Take in all of it's characteristics.
- Step 2** Roll it between your fingers, feeling the ridges, weight, firmness, etc.
- Step 3** Smell the raisin. Is there a scent? How does the scent impact you? Does it trigger hunger? Desire? Or maybe distaste?
- Step 4** Place it in your mouth, but do not chew. Notice how it feels and tastes. Then begin to chew slowly. Notice how the texture and taste changes as you're chew.
- Step 5** Now, wait until you have the desire to swallow the raisin. Notice that desire and do so. Follow the experience.
- Step 6** Finally, reflect on the experience. How do you feel as a whole?

Emotional Eating Worksheet

Use this worksheet to begin to learn how to cope with emotions in a constructive way.

example

Emotion: *Anxiety*

Ways to cope:

- 1 *journal for 5 minutes*
- 2 *paint my nails*
- 3 *call my mom and talk*
- 4 *walk the dog*
- 5 *take 5 deep breaths*

Emotion:

Ways to cope:

- 1
- 2
- 3
- 4
- 5

Emotion:

Ways to cope:

- 1
- 2
- 3
- 4
- 5

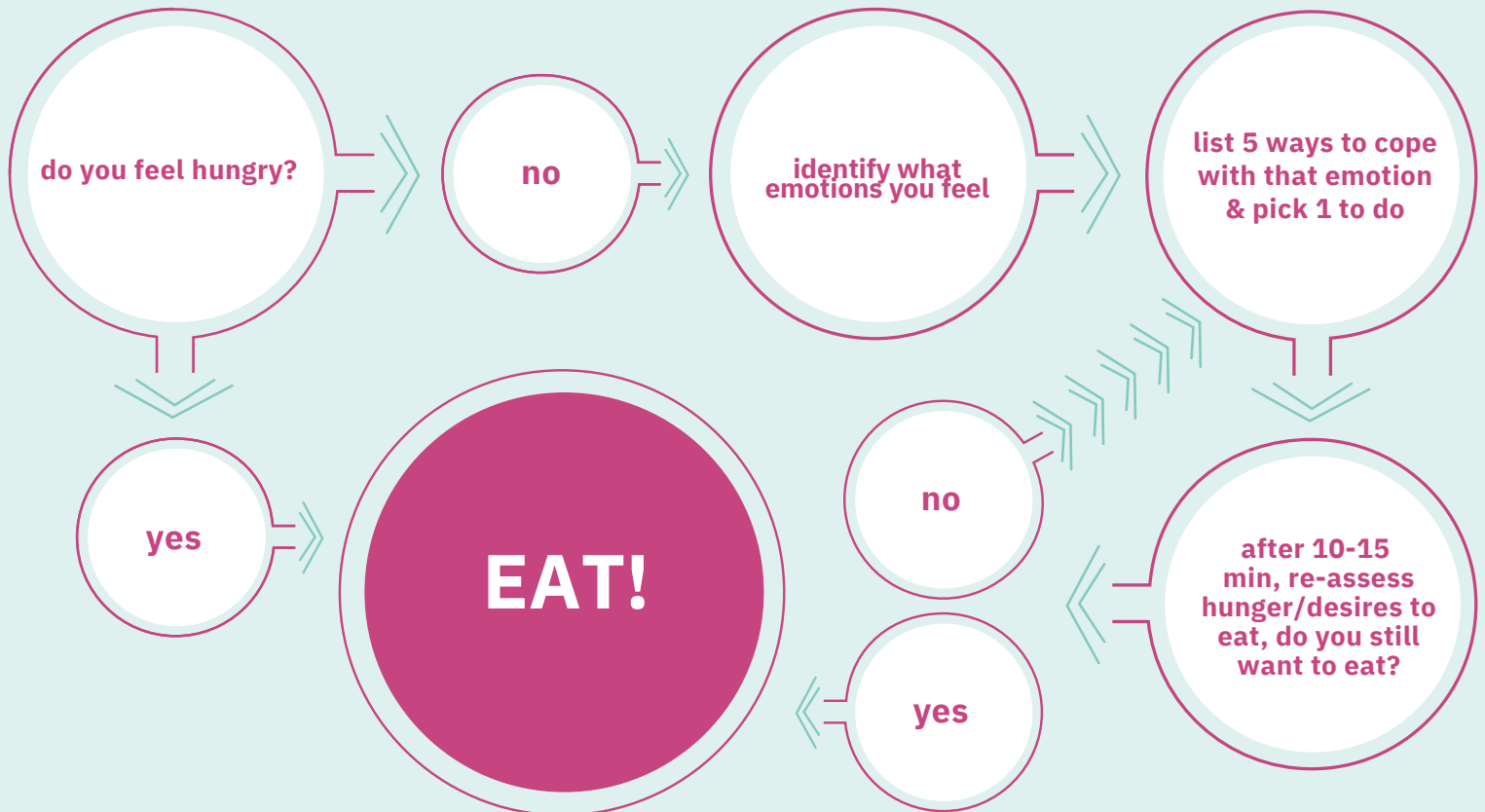
Emotion:

Ways to cope:

- 1
- 2
- 3
- 4
- 5

Emotional eating can be a normal part of life. It's okay to reach for a piece of chocolate for a mood-boost on a crummy day. However, we shouldn't rely on food to SOLVE our emotions & feelings!

Emotional Eating Algorithm



During times of high emotion you can navigate through the emotional eating algorithm to help process your emotions while still satisfying cravings that arise without relying on them to cope.

Win Tracker

Use this worksheet to keep track of your WINS! Use this list of positive experiences and moments that you're proud of to look back on whenever you need a mood boost or when things feel hard!

example:

Today I wanted a cookie so I stopped at the local bakery and got one! It was so freeing!

Food Rules vs Preferences

Use this worksheet to help you determine if a food choice is a rule or preference.
Write out what you THINK you prefer, then make a point to do the opposite and reflect.

Choice in question:

*example:
I prefer a "skinny" latte*

*example:
I like spaghetti squash
mixed w/ spaghetti pasta*

Emotions that arose:

*example:
When I challenged myself
I felt anxiety and guilt*

*example:
I ate a plate of spaghetti
and wasn't anxious, but
would have felt better
with some squash*

Reflection & outcome:

*example:
I still fear drinking calories.
This is a rule not a
preference & I will work to
break it*

*example: I can eat either
option, but have a true
preference for giving my
body veggies*

Additional Resources



Here are even more resources to help you ditch diet culture and find food freedom!

Blog Posts

- ▶ [How To Stop Feeling Guilty After Eating](#)
- ▶ [Intuitive Eating Mantras & Affirmations](#)
- ▶ [How To Manifest Food Freedom](#)
- ▶ [What To Do When You're Not Hungry But Want To Eat](#)
- ▶ [How To Stop Boredom Eating](#)
- ▶ [Why Binge Eating Happens: The 2 Types](#)
- ▶ [What To Do After Overeating](#)

Video

- ▶ [Eating Dessert Every Night](#)
- ▶ [What To Do After Binge Eating](#)

the
SOC • i • EAT • y

Have more questions? Head to The No Food Rules SociEATy's private Facebook group and post using #ASK.

Join our **facebook** group 