

# *the* sociEATy

## **stage 1: break free from diet culture**

### **video 1 workbook**

use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

**no food rules.**

# are you dieting?

Diets are tricky. Many people believe they're NOT dieting when they actually are. Maybe they're not following a specific plan that says what you can and can not eat but they have a diet mindset and simply make up their own guidelines or restrictions for how to eat. This can be called 'pseudo dieting' and these behaviors might not even be apparent to the person doing them.

Here are some examples of pseudo dieting:

- 1. Counting or limiting carbs**
- 2. Eating only “safe” foods (foods you feel comfortable eating or are “allowed”)**
- 3. Eating only at certain times of the day**
- 4. “Making up” for perceived “bad” eating**
- 5. Intentionally cutting back on food**
- 6. Ignoring feelings of hunger**
- 7. Trying to eat “healthier” around others to fit an image (i.e. restricting yourself)**
- 8. Comparing your eating to someone else's**
- 9. Second guessing what you deserve to eat**
- 10. Going vegan, gluten free, dairy free, etc. for the purpose of weight loss or perceived “health” without medical need for sufficient evidence to do so**
- 11. The “It’s a lifestyle” trap. Diet rules, restrictions or deeming food as “good” or “bad” is still a diet, even if the reins are “loosened” but calling it a lifestyle. Shoulds and shouldn'ts are still diet rules**
- 12. Being very rigid in ones eating patterns is another pseudo dieting trait**

Take a second to think to yourself if any of those forms of pseudo dieting resonated with you. If so, don't worry and don't feel guilt or shame over it. That's why you're here! For now, just reflect to bring awareness to any pseudo dieting that may be happening.

# why do you diet?

At surface level many people typically diet to change their body. Take a moment to think about this desire to change your body, if that is true for you, and think about why you want this. What do you hope will be on the other side?

Maybe we want to become more confident. Sometimes we seek a semblance of control. Many times it's a deep aching desire to be thin because we think it will bring us love and acceptance. This last one is typically the most common reason people want to diet. Take a moment to really think about why YOU diet. Beyond the surface level answers.

**I diet because...**

**Now, take your above answer and ask why you do THAT. What do you hope it will give you?**

**Continue this process until you get to the root cause of WHY you diet.**

**Now that you have your root cause of dieting, reflect on if it's true that dieting will help you achieve this.**

# pros & cons of dieting

You might think it's strange but I want to talk about the pros and cons of dieting. Yes, dieting DOES have pros!

## DIETING CAN GIVE US

- hope
- a chance to bond
- a challenge to work towards & accomplish

## BUT DIETING TAKES

- time
- energy
- mental space
- physical & mental health

Take a moment to create your own pro VS con list for dieting and truly take inventory of how dieting does/does not serve you.

### Dieting pros....

### Dieting cons....

**For the pros, brainstorm other ways that you can achieve what you put on this list... without dieting!**

# dissecting your diet history

Use this worksheet to think back through your experience with various diets and "lifestyles". Be sure to take off the rose-colored glasses and see these experiences for what they truly were and the long-term outcomes (2-5+ years post diet).

<b>diet name</b>	<b>timeframe</b>	<b>reason for starting</b>	<b>thoughts/ feelings during</b>	<b>if you lost weight, how long did you keep it off?</b>	<b>other notes</b>

# dissecting your diet history cont'd

diet name	timeframe	reason for starting	thoughts/ feelings during	if you lost weight, how long did you keep it off?	other notes

# finding your "why"

Think about why you became a SociEATy member. What were you hoping to achieve?

**I signed up for The SociEATy because...**

Now, I'm going to ask why again. Why do you want this? If you wanted to stop thinking about food?...why? Do you want to be able to focus on your career? Feel more present with your family? ...why?

Last time! Why?! Are you hoping that being more present with your family will strengthen your bond and allow your kids to have the very best life possible and for you to feel joy?

Now, take that why and make it as specific as possible! **Make a mental movie of this happening and visualize it.** What sorts of things will you do with your kids? Will you be running through the sprinkler on a hot day? Sledding in the winter? What are your career goals? Get specific! This journey isn't always easy and diet culture is sneaky. This "why" will serve as your anchor. It'll always bring you back home to what you know to be true, to your true desires and re-center you in your intuitive eating journey.

# diet culture detoxing

Part of the reason diet culture has such a strong hold on us is because the messaging is EVERYWHERE. We are continuously receiving subconscious diet culture messages in our social media feeds, from the things we keep in our homes, the diet tools we have come to think of as "normal", etc. In order to help us break free from dieting we need to remove as much diet culture from our lives as possible. Follow the steps below to do your own diet culture detox!

## STEP 1 SOCIAL MEDIA

Go through your social media feeds and unfollow any accounts that you feel are not serving your food freedom journey. Add accounts of all shapes/sizes/and colors that motivate and inspire your food freedom journey.

## STEP 2 DIET TOOLS

Track down any diet tools such as calorie counting apps, diet books, magazines, etc. and get rid of them! This may also include activity trackers. I do suggest taking a break from these for the time being.

## STEP 3 THE SCALE

Take your scale and ideally smash it! The number does not determine your worth nor your health and will impact your ability to go through this process. Also get rid of any other ways you monitor your body size/weight such as specific clothing.

## STEP 4 BELIEF SYSTEM

Based on the information that you've learned in stage 1 video 1, take a moment to reflect on what you used to believe about dieting. Are these beliefs true? What do you know to be true? Begin to bring this into awareness and challenge those old beliefs.



# write yourself a letter

Close your eyes and picture yourself at the earliest memory that you can remember. If you can't remember exactly, find a photo of yourself from childhood. I invite you to write a letter to that child. What would you say to them about your dieting past? What sort of advice would you give them? What do you want them to know is true? This can also be a great time to work on self forgiveness. If this feels too much for you right now, that's ok, this stuff can be really painful.

Any time you're struggling with listening to the advice you know you need I want you to think of this child. This will hugely help you in taking the advice from these videos and applying it to your life. When you're feeling overly critical of yourself or being your own personal bully, think of this child. Would you say those things to them? It's a hugely powerful practice! Come back to this task, talking to your younger self, any time you're struggling to put the no food rules way into practice.

**Dear** ,

**with love,**  


# common fears

If you're still feelin' iffy about this whole "no food rules" thing then take a moment to look over these common fears and hopefully they'll put your mind at ease! You're in good hands, gorgeous!

## FEAR 1 **IF I STOP DIETING I WON'T STOP EATING!**

When we feel like we can't stop eating it's often as a result of dieting! This is a normal, biological response to food restriction. You likely will eat more when you first stop dieting.

Pretend you have to breathe through a straw. You're getting some air but not enough. It's fine at first but over time you start to think my gosh I need air! When the straw gets taken away you take a biiiiig inhale of breath, right? But as your body realizes air is in abundance and you're not sucking through a small straw, air isn't restricted, you start to breathe normally again, right? Same with food! But, in order for this to happen we need to stop dieting!

## FEAR 2 **I DON'T KNOW HOW TO "LISTEN TO MY BODY"!**

I wouldn't expect you to! It takes time to learn how to listen to your body. After years of dieting it's not just a switch that you can turn on and off. Be sure to go through the information in The SociEATy and implement it as instructed (in the order instructed!) and you'll follow the path that thousands of others have taken to learn how to listen to their bodies again!

## FEAR 3 **I'LL NEVER EAT A VEGGIE AGAIN! I'LL BE UNHEALTHY!**

The reality of living with no food rules is that you'll actually have a diet with more nutrient variety and improved health outcomes. Sounds too good to be true, I know, but it's a fact! Trying to exert more "control" around our food choices only backfires. When YOU become in control you will learn how to find your own version of "authentic health" and learn to find "balance" with eating and actually want to eat a veggie AND not feel guilty over cookies! Great, right?!