

the sociEATy

stage 1: break free from diet culture

video 3 workbook

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

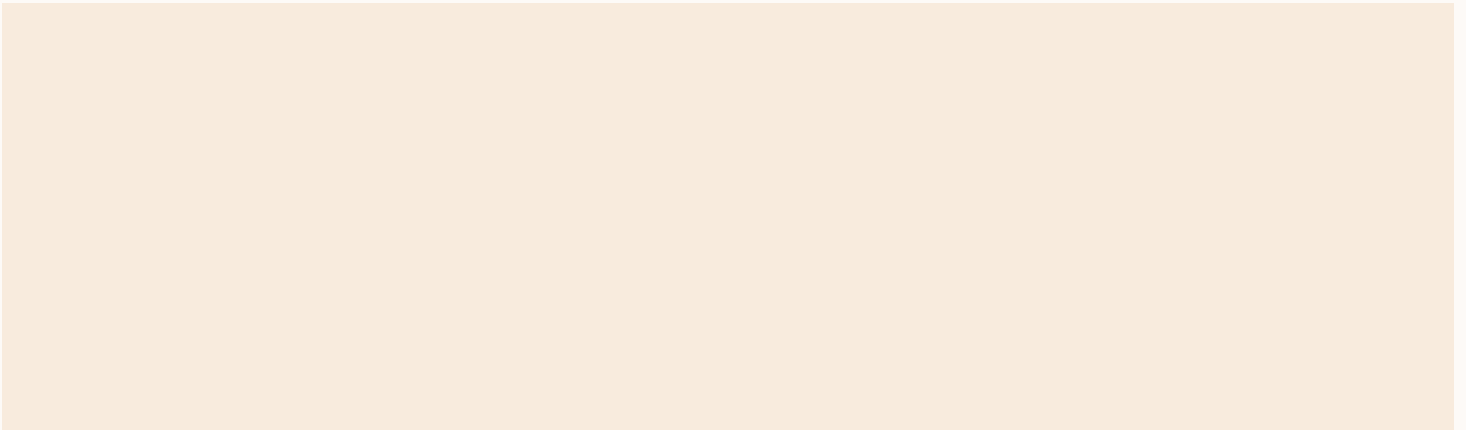
Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

no food rules.

thoughts assessment

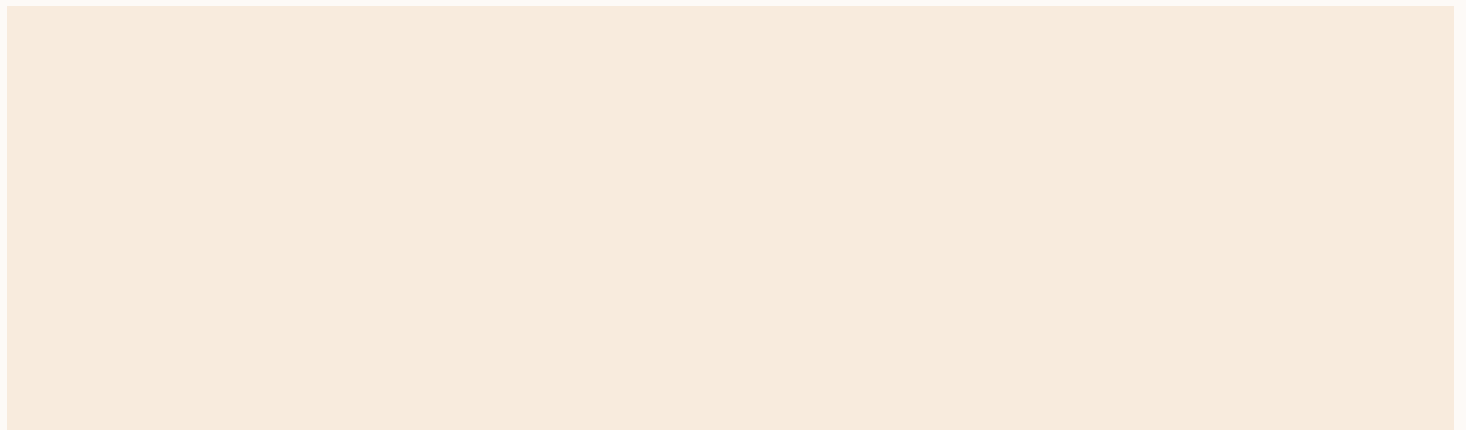
Take a moment to jot down any common beliefs you have about food and body that frequently surface in your life. Approach your thoughts with curious awareness. Just observe them without judgment.

Common thoughts that I have include...



Now, reflect on the thoughts you identified above and ask: Is this true? Where did this thought come from? Is this thought serving me or helping me achieve my why? What do I know to be true about the thought itself or what this thought will lead me to?

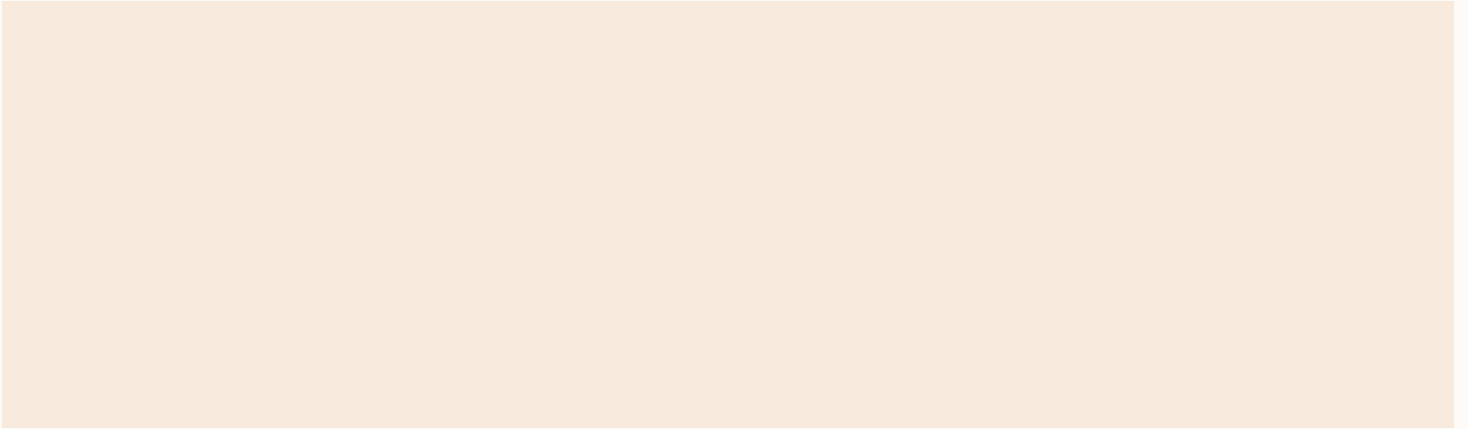
The reality of my common thoughts are....



thought reframing

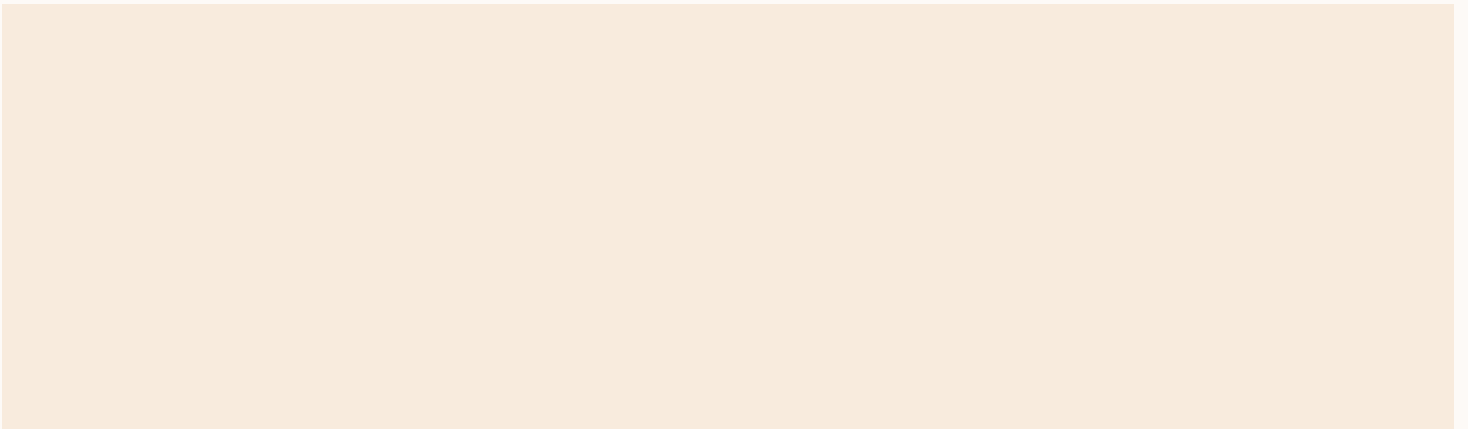
Take your thoughts from the previous page and reframe them to reflect a true statement and/or a statement that will serve you on your food freedom journey.

I can reframe my common thoughts as...



Then, once you're all done with your actions for the scenario, reflect on how you feel, your actions, etc. Did these new thoughts lead to an outcome that better serves you?

These few thoughts feel...



overcoming food guilt

Use the previous 4-step thought assessment and reframing exercise to help overcome food guilt.

1. **Approach your thoughts with curious awareness.** Just observe them without judgment. You can do this by imagining that these thoughts don't necessarily come from you- because that's the truth.
2. **Take this thought and ask: Is this true?** Where did this thought come from? Is this thought serving me or helping me achieve my why? What do I know to be true about the thought itself or what this thought will lead me to?
3. **Now, reframe this thought** to match what you know to be true.
4. Then, once you're all done with your actions for the scenario, **reflect on the situation.**

EXAMPLE:

1. **Thought:** You shouldn't eat that much food for lunch!
2. **Question the thought:** This actually isn't true. I actually need a lot more food than I think (and what diet culture has told me). Food is energy to live and my body has the ability to tell me when, what and how much it needs.
3. **Reframe:** No amount of food is "too much". I get to decide how much feels good to me.
4. **Reflect:** Maybe you realize- Wow! Eating to satisfaction felt so good! It's not as scary as I thought. Maybe in the evening you no longer have a magnetic pull towards the chips in the pantry as a result because you actually got enough food.

Take a moment to jot down any common beliefs you have about foods that frequently surface in your life. Then, practice using the above approach to responding to them so that when the time comes to put this into practice in real life you're ready!

My common food guilt thoughts to practice using this technique are...

mantras & affirmations

To help make the brain rewiring process easier, take a moment to brainstorm some mantras and affirmations that you can use. Hop onto Pinterest or ask in The SociEATy group if you need some ideas!

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