

## Exploring Less Obvious Forms of the Diet Mentality

Reflect on the statements below and check off any that apply to you.

- 1. I believe I need to lose weight to be healthy.
- 2. I try to avoid certain foods that are high in carbohydrates, such as breads, pasta, cereals and rice.
- 3. I enjoy participating in detoxing and/or juice cleanses.
- 4. In terms of eating, I usually describe my day as “good” or “bad”
- 5. If I allow myself to eat dessert, I will exercise more to burn it off.
- 6. If I eat too much at a meal, I will automatically compensate by eating less at the next meal, regardless of how hungry or full I may feel.
- 7. I feel like food is the enemy.
- 8. I like having a “cheat day” when I allow myself to eat whatever I want, regardless of my hunger and fullness level.
- 9. During the week I pay attention and eat careful, but then relax over the weekend and eat whatever I want.
- 10. If I am planning to go to a restaurant or eat dinner out, I often cut back on how much I eat during the day, regardless of my hunger and fullness level.
- 11. Regardless of my hunger and fullness level, I often choose small portions for my meals and snacks.
- 12. If I don’t exercise one day, I will consciously cut back on what I eat, regardless of how hungry I may feel.
- 13. Burning calories is one of my main motivations to exercise, and I feel guilty when I don’t.
- 14. I participate in 30 day challenges to change my habits, cut back on, or restrict my eating.
- 15. I enjoying weight loss shows on TV, they help motivate me.
- 16. I enjoy talking about how many calories are in certain foods.
- 17. If I am eating out, I will compare my plate to others, and I feel badly if I am eating more than they are.
- 18. I worry what others may think of my eating.
- 19. Regardless of how hungry or full I may be, I try to control my eating when I am around other people.
- 20. If I eat something “bad”, I often feel like I *blew it* and then eat *whatever*, regardless of how hungry or full I may feel.

## Self-Reflections

1. Did anything emerge for you in this exercise? Did you notice any trends in your thoughts or behaviours?

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2. How often do you have these types of thoughts or mention them in conversation?

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3. The thoughts and behaviours in the list above are all part of the diet mentality. How has maintaining this language kept you from moving forward?

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Our goal in working together is to help you begin to let go of some of these old thoughts and behaviours that have allowed the diet mentality to take root and grow.

In order to fully tune into your body, and re-learn how to eat in a way that is truly satisfying, you need to first recognize that these old thought patterns and behaviours no longer serve you. Paying attention to, and being able to name these “diet mentality” thoughts and behaviours (without judgement) are a necessary part of the change process. Noticing these old ways of being with self-compassion and non-judgement is a critical step in your journey towards becoming an Intuitive Eater.