

Letting Go of the Tools of Dieting

Look at the list of dieting tools below and check any that may apply to you.

- 1. I know my daily calorie requirements, and I count points or calories so I don't exceed this limit.
- 2. If a snack exceeds a certain number of calories or points, I will not allow myself to eat it.
- 3. If a meal exceeds a certain number of calories or points, I will not allow myself to eat it.
- 4. When I eat out, I will often choose to order something that has the lowest number of calories or points.
- 5. I know not to drink my calories, and I do not allow myself to have beverages that contain calories.
- 6. When I exercise, I choose physical activities based on how many calories I will burn.
- 7. If I don't know how many calories or points a food contains, I do not allow myself to eat it.
- 8. I avoid carbohydrates, like bread cereal, and pasta.
- 9. I avoid eating foods that contain sugar.
- 10. I avoid eating foods that contain fat.
- 11. I weigh myself frequently.
- 12. To ensure I stay within my calorie limit, I measure my food.
- 13. For certain foods (nuts, crackers, etc) I count out the exact amount I will eat, to ensure I do not exceed one portion.
- 14. To help keep my eating in check, I weigh my food.
- 15. I will exercise more, if I feel I overate.
- 16. I search online for new diets and meal plans to help me lose weight.
- 17. I read articles online about dieting to help motivate me to lose weight.
- 18. I keep books and articles about various diets and dieting plans.
- 19. I collect recipes that will help me lose weight.
- 20. I take supplements or drink teas that will help boost my metabolism, burn fat or speed up weight loss.

Self-Reflection

Reflect on the tools of dieting you have check off in the list above. There may be a lot, and that's totally ok. The important piece in this exercise is that you become aware of these tools, and start to recognize them for what they truly are. As a starting point, I am going to be asking you to choose 3 tools you feel may be easiest for you to let go of.

1. What is the first tool you have decided to work on? Describe how you might begin to let go of using this tool? For example, instead of counting out the amount of food (e.g nuts, crackers, etc) you will eat, you could choose to eat an amount that would satisfying, regardless of calories.

2. What is the second tool you would like to work on. What small step could you take to begin letting go of this tool?

3. What is the third tool you would like to work on. What small step could you take to begin letting go of this tool?
