

Stealth Deprivation (*Diet Backlash*)

SELF REFLECTION

Some of the habits and patterns of dieting are still rooted in your mind, even though you have tried to eradicate them. This is known as ‘*stealth deprivation*’ or diet backlash. Reflect on the following questions to explore if you may be feeling the effects of stealth deprivation.

Have you made peace with food?	Yes	No
Do you really believe that all foods are emotionally equivalent?	<input type="checkbox"/>	<input type="checkbox"/>
Are you able to think about foods without labeling them good or bad?	<input type="checkbox"/>	<input type="checkbox"/>
Are you able to eat foods you truly enjoy at any time, without putting special conditions on them? For example, you don't consider them a treat that should only be enjoyed on vacation or at special celebrations.	<input type="checkbox"/>	<input type="checkbox"/>

Do you have food security?	Yes	No
Do you buy food often enough, so you have a good variety of choices and a plentiful amount of food at home?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have free access to food, rather than it being controlled by someone else, like a family member?	<input type="checkbox"/>	<input type="checkbox"/>

Are any other factors affecting you?	Yes	No
At social gatherings, have you stopped eating according to the expectations of others rather than eating what you really want?	<input type="checkbox"/>	<input type="checkbox"/>
Have you stopped eating with judgemental people in your life, who inhibits your food choices?	<input type="checkbox"/>	<input type="checkbox"/>

What do you need to practice or work on to resolve these issues you've identified?
