

Slender Eating Strategy

STEP 1

When you feel the urge to eat something, stop whatever you are doing at the time. Sit down and get quiet with yourself. Concentrate on your inner responses... Ask yourself, what is prompting you to eat at this moment.

- Is it some cue in your environment, such as sight or smell of food, the time of day, or talk about food?
- Is it some emotion, such as boredom, anger, anxiety, worry, fear, guilt, loneliness, or disappointment?
- Is it because you don't like yourself right now, or don't like your life right now?
- Is it that you feel happy and you are celebrating something; or perhaps you want to reward yourself?
- Or is it that you truly feel hungry; your stomach is empty, and your body needs an energy boost?

If your answer falls in one of the first four categories, be aware that your desire to eat is not due to hunger, but something else. **You now have a choice.** Decide if you really want food, or if there is something else you want. You are learning to distinguish hunger from other eating triggers. If you decide you aren't really hungry and you choose to do something other than eat, you can stop the process here. Otherwise, if you really are hungry, or you really need an energy boost, go to step 2.

STEP 2

If you have decided to eat something, this step will help you to decide **WHAT** to eat. Concentrate on the sensations in your mouth and stomach. In the beginning you might find it helpful to close your eyes for this step and place the palm of your hand on your stomach area, just below your ribcage. Ask yourself "What would taste good in my mouth and feel good in my stomach right now?" Think over the foods that are available to you and acceptable to you. You might be thinking about what you have on hand in the kitchen if you are at home, or about what is on the menu if you are in a restaurant.

STEP 3

Think of a food (or combination of foods) you could eat. Now imagine eating a serving of that food. Think about how the food will taste and feel in your mouth, how it will feel as you swallow it. Does it seem that this food (or food combination) will be satisfying in terms of smell, taste, and texture? If not, think of another possibility. Test out the options in your mind until you find an acceptable food that will satisfy your mouth.

STEP 4

Now think about the **feelings** that come after eating this food. Imagine you are half an hour after the mealtime/snack-time... What will you **feel**? Content and full, knowing you have given yourself nutritious healthy foods to energise and heal the body? Will you feel bloated, sluggish, over-fed, regretful, weighed down, fat, stupid?

STEP 5

Think about the portion of food you have chosen to consume. What will happen if you just eat 50% of that portion and then wait to see if you need any more? Ask yourself "Will the food I have chosen to eat work with me on my fat reduction journey?"