



## **Tips to get a good start with my food journal**

I fill out the food diary every day.

The basic emotions are joy, fear, anger, sadness, disgust, surprise. Shame is a feeling, write it down too.

To identify my thoughts and emotions: one thought = one emotion. For example, "I'll never make it.", that's a thought. + I feel sad, angry, discouragement, these are emotions and feeling.

To identify the places, the moments, the times when I eat or when I feel like eating. Are there thoughts, emotions? Writing them down is very important...

Do I eat in a quiet place? Are there devices, other people with me?

Am I distracted from my physiological sensations by devices (smartphone, TV, radio, etc.) or by people who take my attention?

I only eat if I'm hungry. I can eat comfort foods (chocolate...), but I don't do it out of habit.

I am vigilant to my satiety. I begin to reach satiation when I am full. I slow down the speed at which I eat and when food seems less delicious. I pay attention to my physiological signals and the way I eat (how fast I eat, do I taste, what flavors do the foods have?). I taste. I don't get distracted. I'm very careful of what I eat and how I eat... I focus all my attention on the food I eat...

## **I eat with a conscience**

The basic flavors are: sweet, salty, bitter, sour, umami (Asian cuisine).

I stop eating when I get satisfied before being full. If I stop eating while I am still a little hungry, I will naturally be satiated 20 minutes after. The chemical signals between the brain and the belly take about 20 minutes to make you feel satiated. So you have to stop eating for a while before you are not hungry anymore...

I stop eating when I am no longer hungry and not when the plate is empty or when there is no more food left. These are my internal signals, my physiological sensations that tell me if I can stop or keep eating. It is not something external to me such as some food still on the plate that determines whether I continue or stop, it is only my internal sensations. I will eat again when I feel hungry.



I never eat if I'm not hungry. I'll eat later, when I'm hungry. It's only a postponement, learn to postpone...

Don't eat with an anticipation of "I'll be hungry in an hour or two." Take a snack with you if you are out. Eat seasonal fruit, it's healthy and easy to transport!

If I feel like eating without being hungry, I will identify my thoughts and emotions. What happened just before "hunger" took over? I write down these thoughts, these emotions and these physical sensations by associating them with the situations corresponding in the food journal.

**Once you've identified those thoughts, feelings and emotions that are bothering you, learn to tolerate them by exposing yourself to them. Do it gradually. You've been repressing them for years and you're not going to lift the veil in a day... This is sometimes the work of a lifetime... Close your eyes, feel the sadness or fear, focus on what is acting inside you... Visualize these emotions, those thoughts... what's inside you, what's acting inside you... what's making you think those things? Feel them, express them... The more you accept to live with them, the less you will be under their control through "cravings"...**

**Then to alleviate hunger, I concentrate on my breath. I count my breaths. I concentrate on the sensations of my feet on the ground. I squeeze things in my hands... I'm going to brush my teeth. I drink water, tea, herbal tea. I can also take a shower, a bath, go out for a walk... You have to divert attention from the desire to eat by producing other physical and physiological sensations.**

**I can also listen to a relaxation session on the website or listen again to a hypnosis session if I have recorded one.**

The return of all this effort is that I will never be on a diet again.

When I reach my healthy weight, I'll be able to eat whatever I want. I will have to manage the quantity and there will be no forbidden food. That will be one of my rewards.