

## Helpful Positive Beliefs

- I choose long-term joy over the immediate gratification of eating when I'm not hungry.
- I can have a house full of great food and feel in complete freedom around it.
- I go to parties and restaurants, and choose the foods I love, not what I think others expect me to eat.
- I'd rather throw food I'm too full to eat in the trash than store it as fat on my body.
- I am never pressured into eating food I don't want to eat.
- I love myself and make my self-care a priority by listening to my body, exercising in ways that feel good and eating when my body needs food.
- If hunger isn't the problem, food isn't the solution.

WEIGHT LOSS FOR FOODIES!

- I control food, it doesn't control me.
- I eat only the foods I enjoy, and only when I am hungry.
- I create my future good health by each action I choose today.
- Eating to avoid my emotional pain will not eliminate the pain, but will likely make it worse in the long run.
- I am grateful for the body I have now and all it has done for me.

- Releasing excess weight is easy now that I don't eat to avoid difficult feelings.

## Unhelpful Beliefs

- I love food too much to lose weight and keep it off.
- I don't have enough self-control to be slim.
- Losing weight means dieting and not eating sugar, flour or other foods I love.
- Food can take away my emotional pain.
- I can't lose weight because I have a bad metabolism. Being overweight runs in my family.
- I don't have enough time to lose weight. I'm too busy.
- I've always eaten this way, and can't change my eating habits.
- I can't trust myself around certain foods. I'm always out of control around them.
- I can't keep sweets in the house or I'll eat them all at once.
- Being overweight keeps me safe and protected.
- Food is my friend.
- I've never been successful at losing weight, so why would this time be any different?
- I don't deserve to have a slim body.