MAKING PEACE WITH FOOD

Keep in mind that as you read through these steps that it's okay to proceed at a pace with which you are comfortable. There is no need to feel overwhelmed by going to the grocery store and buying every single forbidden food – we find that is too big of a step and not necessary. It takes time to build up trust in yourself. Before you proceed, please be sure that you are consistently honoring your hunger. A ravenous person is bound do engage in rebound eating, regardless of their intention.

1. Pay attention to the foods that are appealing to you, and make a list of them

2. Put a check by the foods that you actually do eat, then circle the remaining foods that you've been restricting

3. Give yourself permission to eat one forbidden food from your list, then go to the market & buy this food, or order it at a restaurant.

4. Check in with yourself to see if the food tastes as good as you imagined. If you find that you really like it, continue to give yourself permission to buy it or order it.

5. Make sure that you keep enough of the food in your kitchen so that you know that it will be there if you want it. Or if that seems too scary, go to a restaurant & order that particular food as often as you like.