

Break the Cycle: 10 Steps to Free Yourself from Dieting and Binge Eating

Breaking free from the cycle of diet cycling and binge eating is challenging, but with the right steps and guidance, you can build a healthier relationship with food and find more freedom. This checklist provides steps that you need to help create lasting changes in your life.



01 - Reflect on Your Diet History

- Think about your history with dieting and how it has affected your relationship with food. This includes your family's diet history that you were exposed to growing up as well.
- Write down how it feels to be caught up in dieting or binge cycles, how does it affect your mental state, and how does it impact how you show up in your life and for the people around you?



02- Understand Intuitive Eating Myths

- Identify common myths about intuitive eating (e.g., "Intuitive eating means losing control").
- Learn the realities of intuitive eating to replace these myths with facts. (If you need help, start with the book "Intuitive Eating" by Elyse Resch and Evelyn Tribole).



03- Reconnect with Hunger and Fullness Cues

- Use a hunger-fullness scale to gauge your levels before, during, and after meals.
- Practice eating slower and give yourself at least 10-20 minutes for your brain to register that you have eaten and how much.



04 - Challenge the "Good" and "Bad" Food Mentality

- Make a list of foods you categorize as "good" and "bad."
- Gradually allow yourself to eat foods from the "bad" list in a single serving (buy a single serving instead of a whole bag or box) and observe if you have any feelings of physical discomfort (heart burn, gas, stomach pain, sleepiness, etc). Does it trigger guilt?



05 - Practice Self-Compassion

- Be kind to yourself as you navigate this journey. Remember, there is no way to learn and grow without mistakes, they are part of the process and do NOT determine your worth.
- Replace negative self-talk with what you would tell a friend to show them encouragement and non-judgmental compassion.

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06 - Set Small, Achievable Goals

- Start with small changes, such as one intuitive eating practice per week, or balanced healthy change at one meal.
- Celebrate your progress, no matter how small it may seem- look back one week, one month, 3 months and see how far you have come (what is different now?).



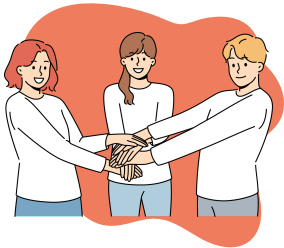
07- Mindful Eating Exercises

- Eat without distractions (like TV or smartphones) to fully experience your meals.
- Savor each bite, focusing on the smell, taste, and texture. See how long you can taste that food item before the taste disappears from your mouth and then take the next bite.



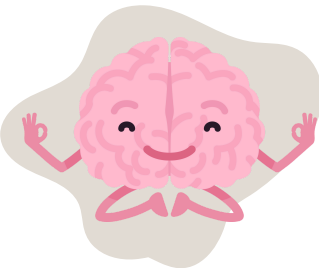
08- Identify Emotional Triggers

- Keep a journal to note times when you feel the urge to binge, overeat or diet/restrict. Identify the emotions driving these urges.
- Develop healthy coping strategies for dealing with the identified emotional triggers (e.g. talking to a friend, journaling, hugging/cuddling an animal, listen to a podcast, make a cup of tea, play a game, etc).



09 - Seek Support

- Consider joining a support group or community focused on intuitive eating.
- Reach out to a therapist or Registered Dietitian specializing in eating behaviors if you need more personalized guidance.



10 - Rewire your Brain

- Read books, listen to podcasts, or take courses on intuitive eating to deepen your understanding and stay motivated (see supportive resources on my website).
- Stay updated with the latest research and resources on intuitive eating practices.

DO YOU FEEL STUCK WITH BINGEING AND RESTRICTING? OR GOING ON AND OFF DIETS AND NEVER MAINTAINING SUSTAINABLE HABITS?

I CAN HELP!

EMAIL ME TO SET UP A FREE COMPLIMENTARY 15-MINUTE DISCOVERY CALL AND WE CAN DISCUSS YOUR NEEDS AND FIND OUT IF WE ARE A GOOD FIT!

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