

# Dieting History

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## How has dieting interfered with your life?

1. How has dieting affected your social life?
2. How has dieting affected your eating patterns?
3. How has dieting affected your mental state and mood?
4. Have you experienced any physical consequences from dieting?
5. How much time and money have you spent in the pursuit of weight loss?
6. Considering your dieting history and the subsequent impact on your weight, eating behaviors, social life and mental state, what would be some reasons for you to let go of dieting once and for all?

## Letting Go of the Fantasy:

For the following questions, if weight loss is not your goal but you're concerned about your health in another way (ex. high blood sugar), replace the words "weight loss" with the word "health."

1. What are your overall beliefs about weight loss?
2. What are your beliefs about your own weight loss journey?
3. Where did these beliefs come from?
4. How do you fantasize life changing for you if you pursued weight loss?
5. Do you feel that you can achieve happiness with your current weight?
6. Have you put some aspects of your life on hold until you are happy with your weight (ex. pursuing a job, activity, or relationship)?
7. Reflect upon your response to the question above. What would you need in order to explore your desired goals in your "here-and-now body?"

# Getting Rid of the Tools of Dieting

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Weighing, measuring, and counting are external tools of dieting. And so is collecting dieting books and articles. Which of these tools or techniques might you still be using? Review the twenty statements below and place a check by those that apply to you.

<input type="checkbox"/>	1. I count calories or points and try not to exceed a daily total of calories or points.
<input type="checkbox"/>	2. I will not let myself eat a particular snack if it exceeds a certain number of calories or points.
<input type="checkbox"/>	3. I will not let myself eat a particular meal if it exceeds a certain number of calories or points.
<input type="checkbox"/>	4. When I eat out at restaurants, I choose entrees that have the lowest calories or points.
<input type="checkbox"/>	5. I do not allow myself to drink beverages that have any calories.
<input type="checkbox"/>	6. I choose physical activities and exercise based on the amount of calories it burns.
<input type="checkbox"/>	7. I cannot eat a particular meal or food if I do not know the calories or points.
<input type="checkbox"/>	8. I avoid eating foods that are high in carbohydrates such as bread, cereal, and pasta.

<input type="checkbox"/>	9. I avoid eating foods that contain sugar.
<input type="checkbox"/>	10. I avoid eating foods that contain fat.
<input type="checkbox"/>	11. I weigh myself frequently.
<input type="checkbox"/>	12. I measure my food to be sure I am not eating too many calories.
<input type="checkbox"/>	13. I count the exact amount of food I need to eat (such as nuts or crackers), in order to be sure that I don't eat more than one serving or portion size.
<input type="checkbox"/>	14. I weigh my food to be sure I am not eating too much.
<input type="checkbox"/>	15. If I think I ate too much food, I will compensate by exercising more.
<input type="checkbox"/>	16. I google articles on new diet plans and how to lose weight.
<input type="checkbox"/>	17. I read blogs and websites about dieting and "thinspiration."
<input type="checkbox"/>	18. I save books on various diets and dieting plans.
<input type="checkbox"/>	19. I collect low-calorie recipes to help lose weight.
<input type="checkbox"/>	20. I take supplements, including teas, which are supposed to burn fat, speed metabolism, and/or help lose weight..

**Review the statements- the dieting tools-- that you checked off. There may be a lot of them and that's okay. It is important to start exactly where you are. With time, you will learn to let go of them, bringing you to a healthier relationship with eating. For now, select the three tools that you feel might be the easiest to let go of.**

**1. Write down the first tool that you choose to work on. Describe one step you can take to let go of it. For example, when eating out, instead of selecting the lowest-calorie entree, you could choose an entree that would be satisfying to eat, regardless of calories.**

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**2. Write down the second tool and describe one step you could take to let go of it.**

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**3. Write down the third tool and describe one step you could take to let go of it.**

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