

MIND • BODY • FOOD

Give Yourself a Choice

Reduce an overwhelming decision to two realistic options

The open question “What do I want to eat?” can require too many decisions, especially when tired, stressed, hungry or mentally overloaded. Choosing between two realistic options narrows the task while preserving autonomy.

Space to Breathe Therapy

Understanding the idea

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Why this may help

- A smaller choice reduces cognitive load and the need to search through every possibility.
- Two acceptable options can protect control without leaving the decision completely open.
- The options can be simple, repetitive or convenience foods; they only need to be possible.

Keep the experiment gentle

Use this as an invitation to notice what supports you. There is no correct outcome, and you can stop, simplify or adapt the exercise whenever it increases pressure or makes eating less possible.

Try this in your own way

A practical approach

- 1 Identify two foods or drinks that are available and manageable now.
- 2 Ask: "Would I prefer this or that?"
- 3 If neither works, replace one option rather than reopening every possibility.
- 4 Notice whether the smaller decision helps you begin eating.

Pause and notice

What felt easier? What felt difficult? Did the change affect energy, comfort, hunger, satisfaction or stress? Treat every answer as information rather than evidence of success or failure.

Your reflection worksheet

Situation or time

Option one

Option two

What I chose

What made the choice easier

Options I want available next time

A supportive reminder

Reducing choices is a support strategy, not a loss of independence. You remain free to choose something else, combine options or decide that a different kind of support is needed.