



ADDING A DOSE OF SELF-COMPASSION TO YOUR MEALS

Adapted from www.thecenterformindfuleating.org

Changing our thought process can be difficult at first. Our thoughts can influence what we do...including whether or not we meet our goals. This type of silent conversation we have with ourselves is referred to as “self-talk”. You can actually talk yourself into doing something – such as losing weight – or talk yourself out of it.

How’s your self-talk? Listen to the little voice in the back of your head. Is it positive and moving you toward your goal or is it destructive and moving you further away? The great news is that even negative self-talk can be changed by positive thinking.

HOW TO ADD A HEALTHY DOSE OF SELF-COMPASSION TO YOUR MEALS

Step 1: Give up black-and-white thinking. Embrace the fact that healthy eating is flexible and can include a wide variety of foods, some of which are richer than others, such as a pizza. And sometimes the healthier choice may be the richer choice. For example, which would be a healthier choice at a party: Pizza or salad?

The salad is only healthier if that’s what you really want. Otherwise, you might feel deprived and end up overeating later. Enjoying pizza mindfully as part of a celebration allows for the many roles that food plays in our lives. We can often end up feeling satisfied with less when it does.

Step 2: Become aware of how you talk to yourself when eating. Does a tape start running in your head that admonishes you not to eat too much or not to eat certain types of foods? Or that you’re a failure if you do? Write down what you say to yourself.

Step 3: Write down responses to those thoughts that you can “turn on” when you hear yourself starting to go down the familiar road of negative self-talk.

Step 4: Practice those responses every time you hear yourself talking negatively to yourself about your eating. Try carrying around a small notebook with your new messages to refer to. Remember, the first time you do something differently is the hardest. Every time you do it thereafter, it gets easier.

