



Five Questions to End Food Guilt

Ridding yourself of food guilt takes time and effort, *but it can be done*. To start, write down the answers to these questions so that you can begin to understand the source of all the unnecessary (even harmful!) guilt.

Question 1:

Why do I feel this way?

Here's an example of a series of questions you could ask yourself to get to the source of your guilt, plus some examples of answers and how they can lead you to the source of your food guilt:

Why do you feel guilty?

I feel guilty because I ate three bowls of pasta for lunch.

Why does that make you feel guilty?

Because processed carbs aren't good for me, and I didn't need to eat three bowls. I wasn't hungry after the first bowl.

When did this guilt start? Be specific.

All my girlfriends stopped eating carbs in college. It was the thing to do, so I stopped, too.

And why does that make YOU feel guilty?

Because I started treating carbs as a villain, even though I really enjoy whole grains.

Now, you try:

Why do you feel guilty?

Why does that make you feel guilty?

When did this guilt start? Be specific.

And why does that make YOU feel guilty?



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Question 2:

What is this guilt meant to teach me?

Question 3:

How can I release this guilt?

Question 4:

What does my body really want? Get Curious.

Question 5:

What is my action plan for moving forward?
