FOOD GOGGLES

BLUE

Good/Bad
Right/Wrong
Should/Shouldn't
Restriction
Micromanage
Guilt/Shame

OLD THINKING

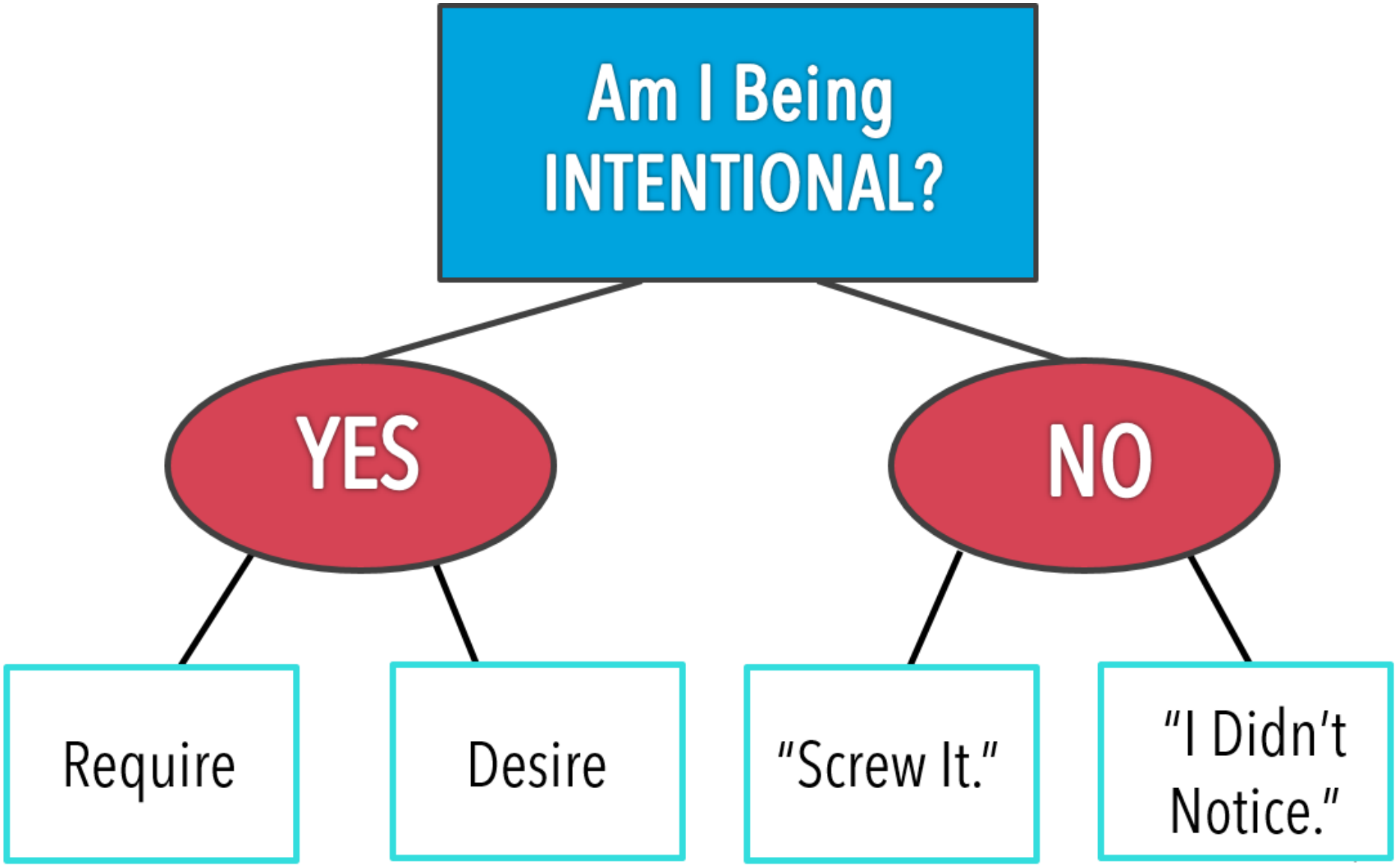
RED

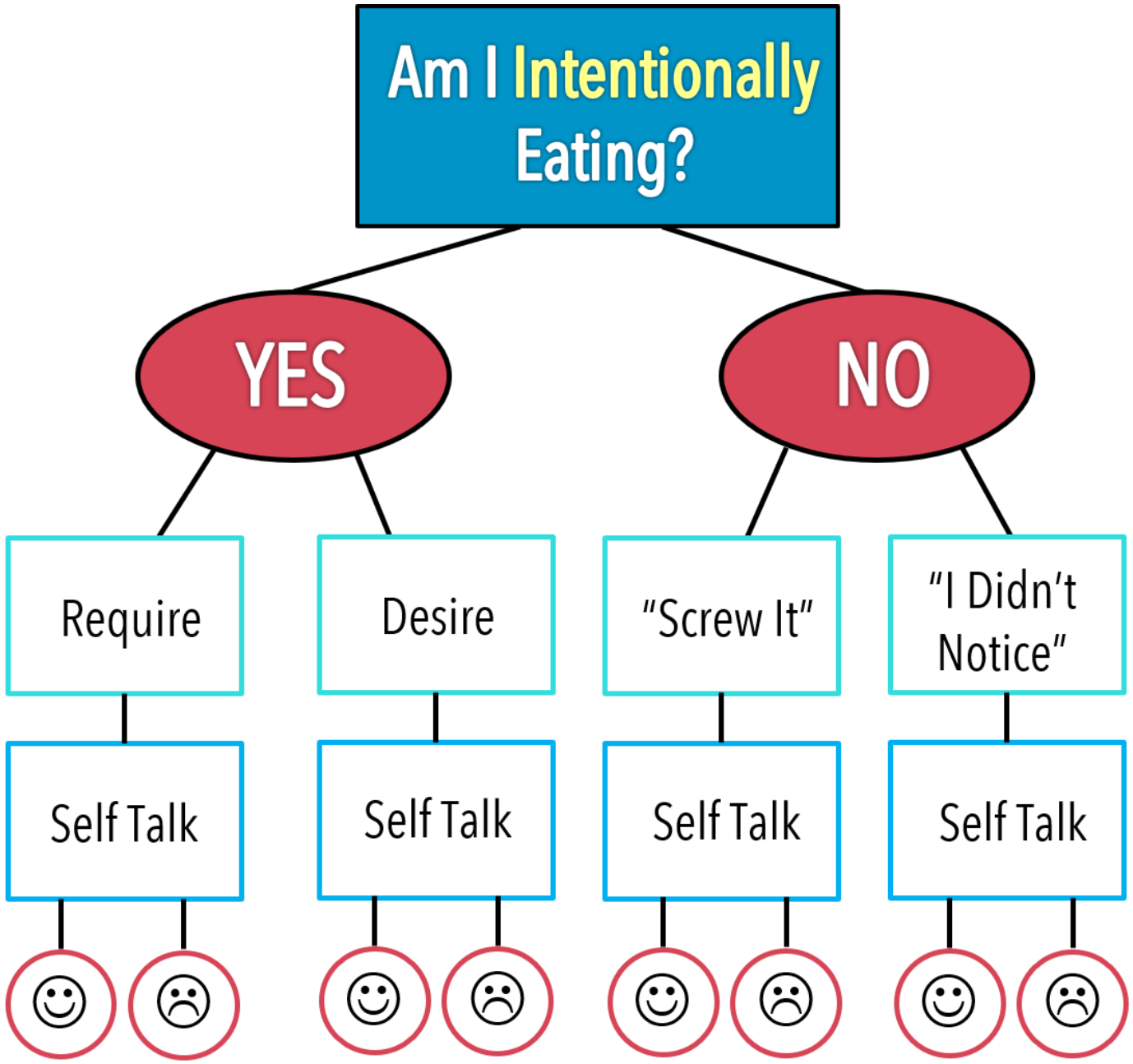
WHY Am I Eating?

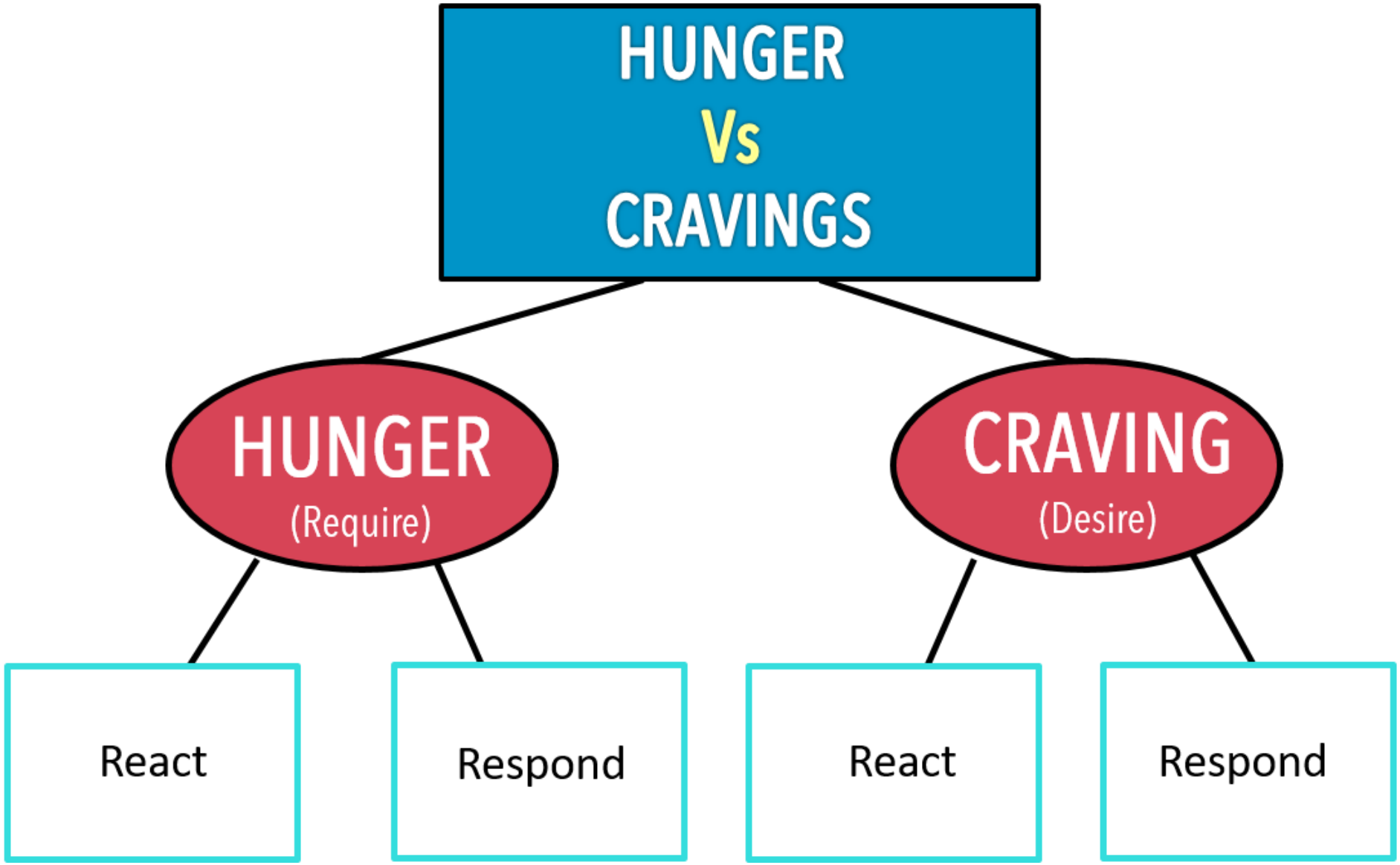
+

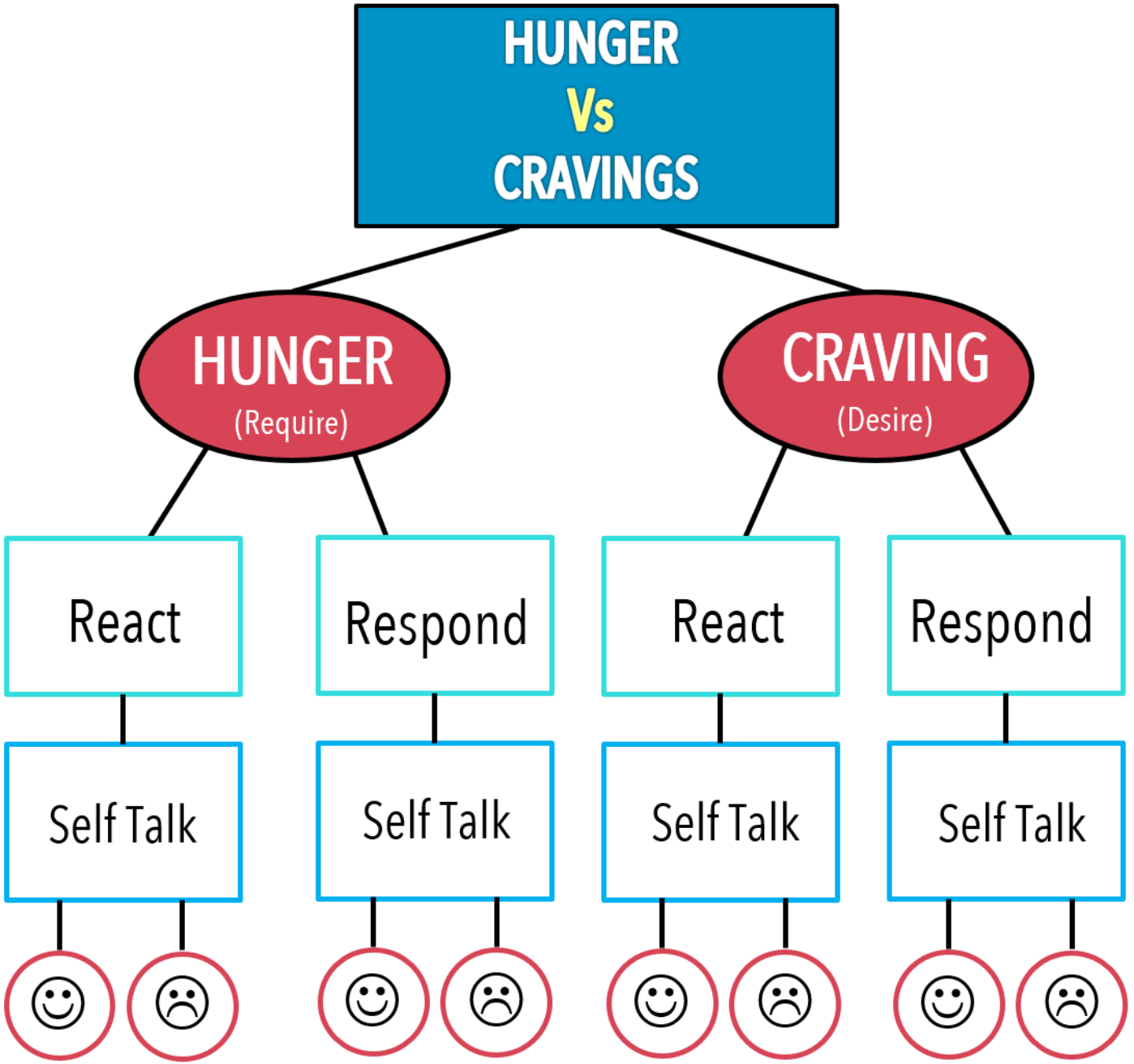
How Do I Want To Feel?

NEW THINKING


Am I Being INTENTIONAL?
YES
NO
Require
Desire
"Screw It."
"I Didn't Notice."


Am I Intentionally Eating?
YES
NO
Require
Desire
"Screw It"
"I Didn't Notice"
Self Talk
Self Talk
Self Talk
Self Talk


HUNGER
Vs
CRAVINGS
HUNGER
(Require)
CRAVING
(Desire)
React
Respond
React
Respond


HUNGER
Vs
CRAVINGS
HUNGER
(Require)
CRAVING
(Desire)
React
Respond
React
Respond
Self Talk
Self Talk
Self Talk
Self Talk