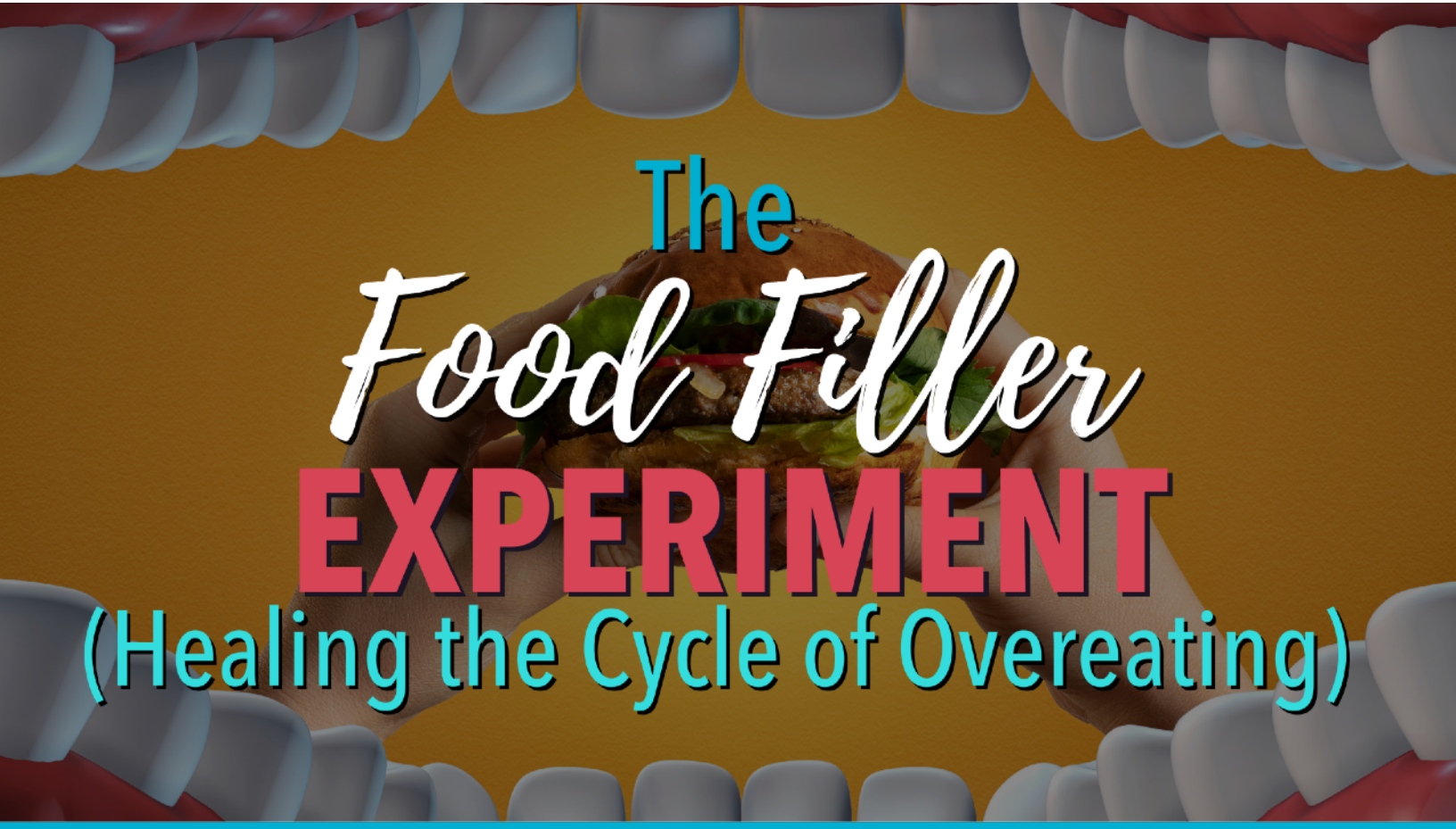


The Food Filler EXPERIMENT

(Healing the Cycle of Overeating)

Experiment Walk-Through

Step 1:
Audit Yourself

BRAIN AUDIT

How Healthy Is Your Noggin?

On a scale of 1-10 (10 being the BEST, 1 being the WORST), how would you rate yourself for each of the following categories?

____Getting Micronutrients from food on a regular/daily basis? (vitamins and minerals)

____ Sleepful sleep (do you get ample sleep? sound sleep? refreshing sleep?)

____ Breathing (How well are you breathing? Are you conscious of it? Do you practice breathing?)

____ Pain/Comfort/Stress on body/How movement feels (In general how's your body feel and move?)

____ How stressed are you on a day to day basis? Do you constantly feel like there's never enough time in the day or like you never have a spare moment?

____ Social connection (Do you feel connected socially? This could mean in your personal life, relationships with work people, communities you are a part of, etc. How satisfied are you in this department?)

____ Heart + Soul Connection (This includes your romantic and intimate relationships, your family, your children. How satisfied are you in this department?)

____ Meaningful work (this includes your professional work, charity work, being a mom or caretaker, your 'art' or passion. How satisfied are you in this department?)

____ Your self-talk (body image, self image, self esteem)

____ Mind/body awareness

____ Mind/body connection

DISTRACTION AUDIT

How many hours/minutes do you spend engaging in the following activities during a typical week? Place your answer next to each category below.

____TV/Movies/Netflix

____ Social Media

____ Games/apps

____ Mindless web scrolling

____ Shopping (online or offline)

____ Mindless eating/Emotional eating

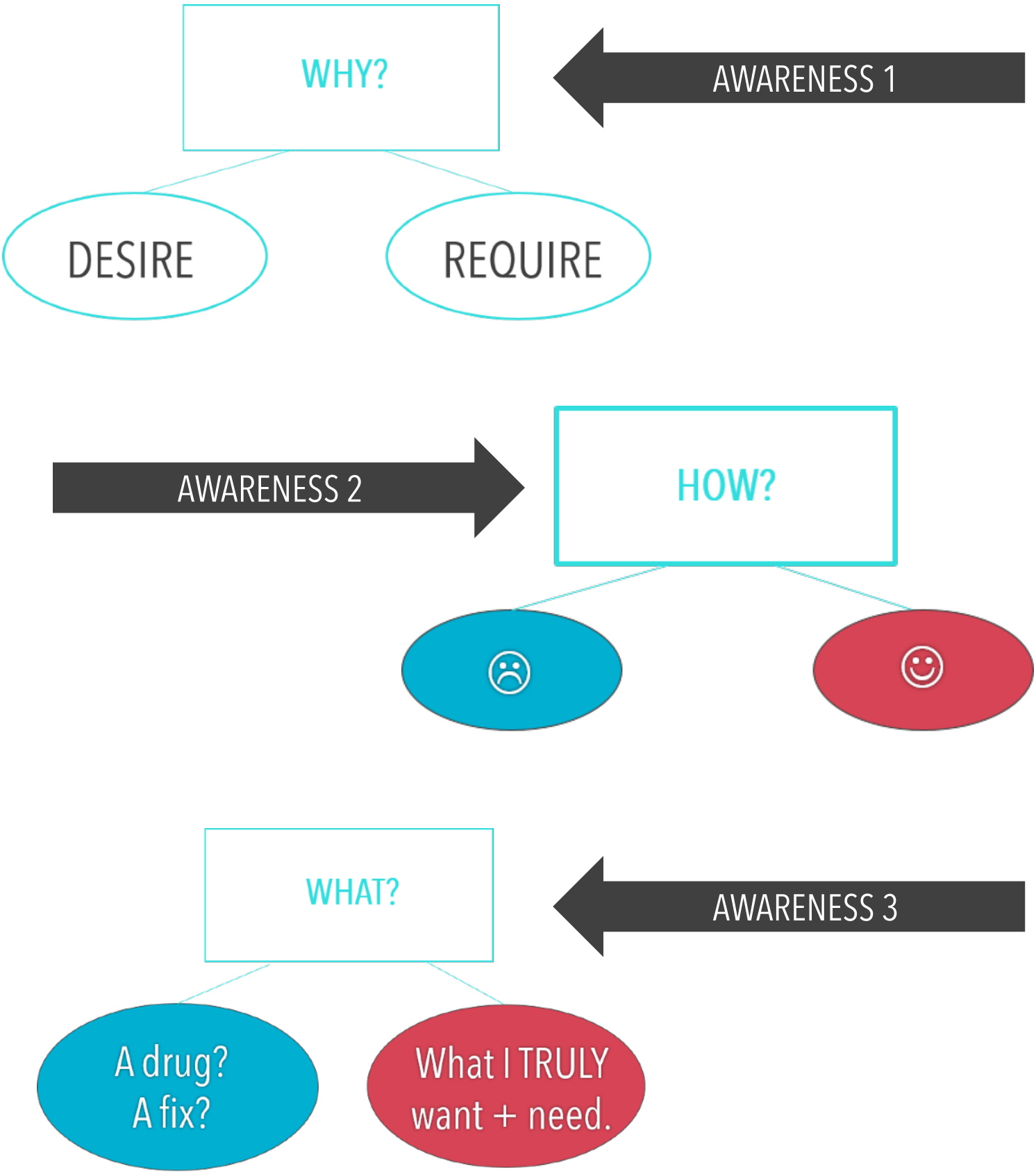
____ Drugs/alcohol/smoking cigarettes

____ 'Bed Medication' (usually laying down, focusing on problem at hand or depressing/anxious thoughts, negative self talk, crying)

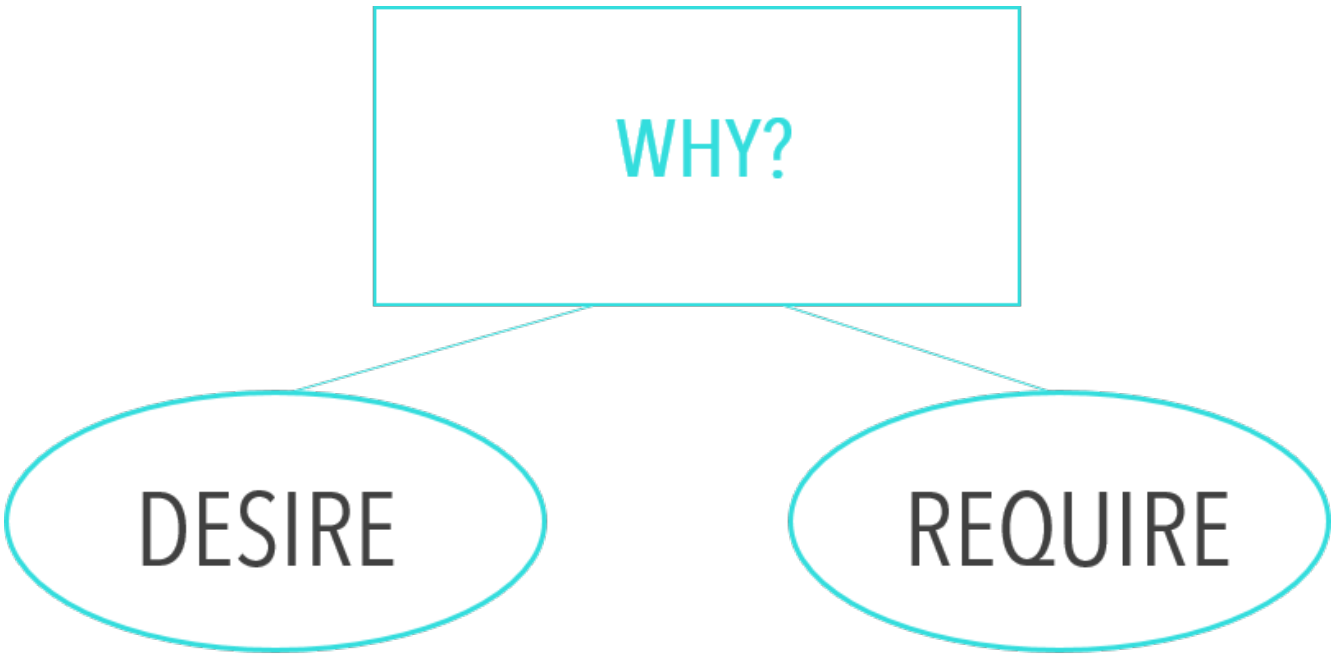
_____ SUM TOTAL OF ALL ACTIVITIES

Step 2:
A New 'Red'

The New Conversation:



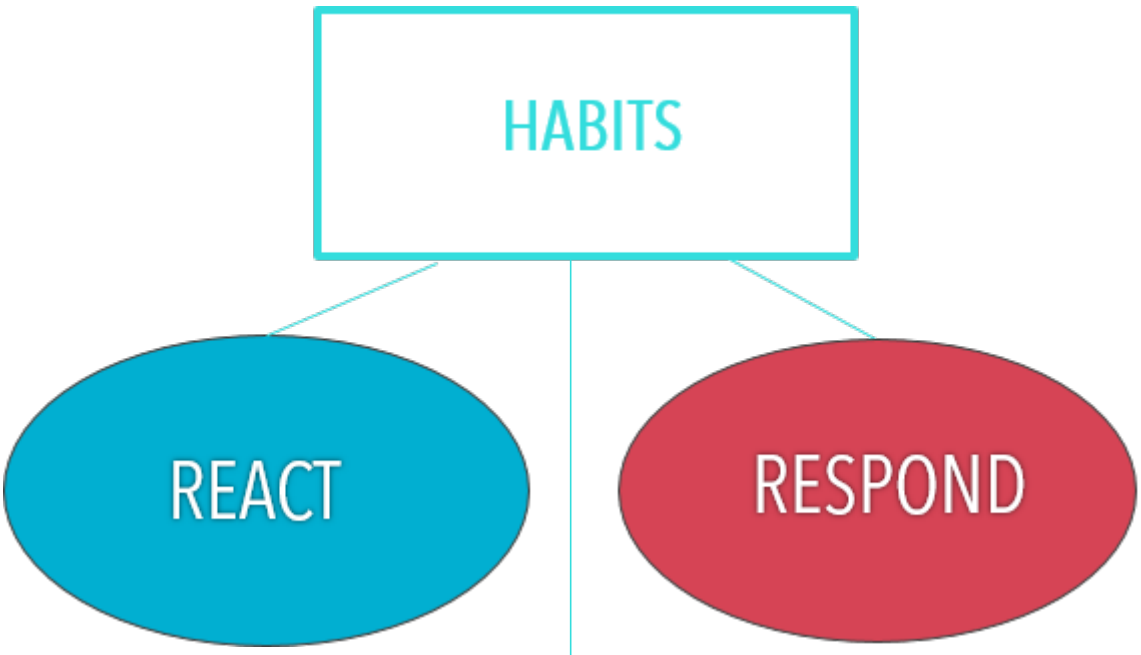
AWARENESS #1:



Do I want it or do I need it?

Make the unconscious **conscious**.
Make the mindless **mindful**.

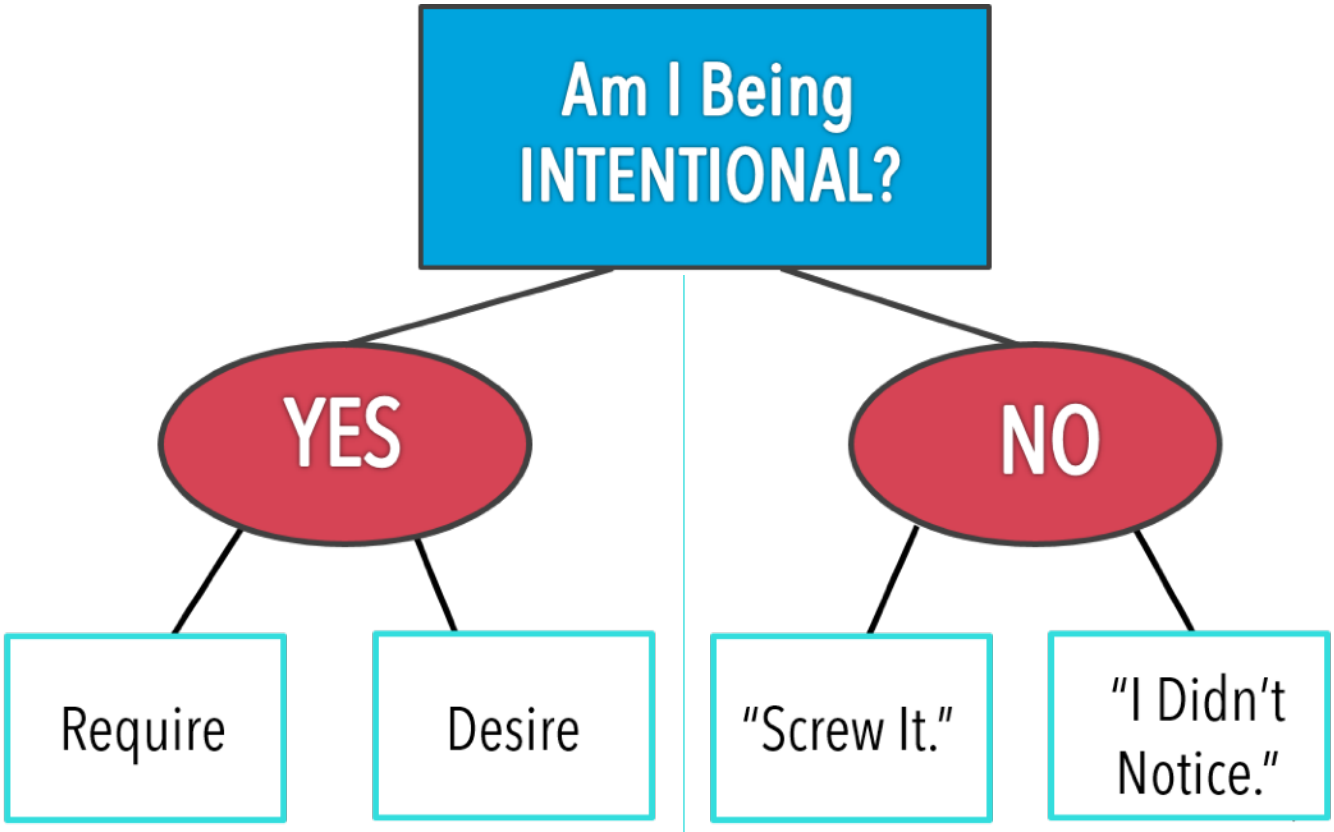
DISTINCTION TIME:



Mindless	Mindful
Knee-Jerk	Intentional
The 'old' conversation.	The 'new' conversation.

Change the game by changing
the conversation.

DISTINCTION TIME:



Mindful

Intentional

The 'new' conversation.

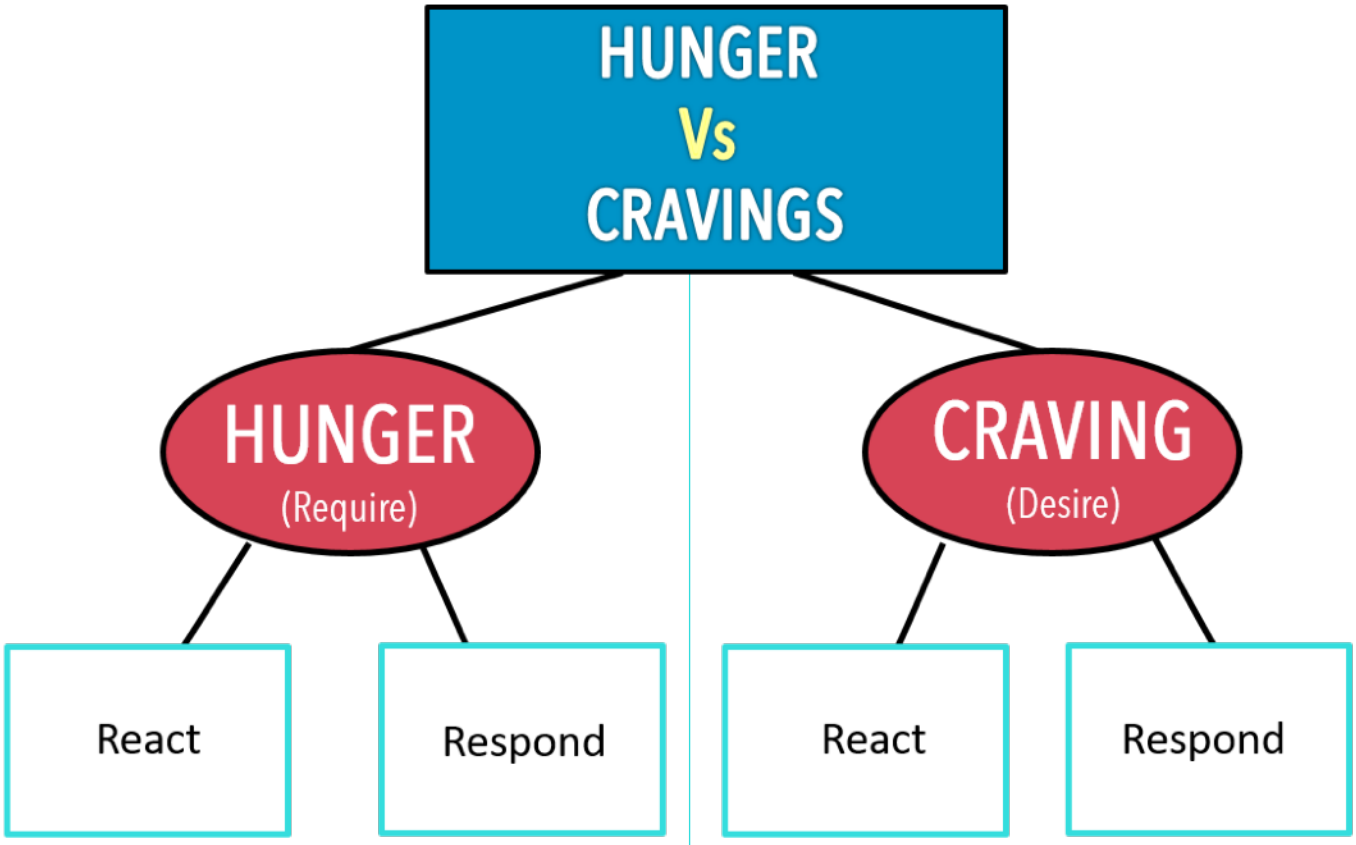
Mindless

Knee-Jerk

The 'old' conversation.

Change the game by changing the conversation.

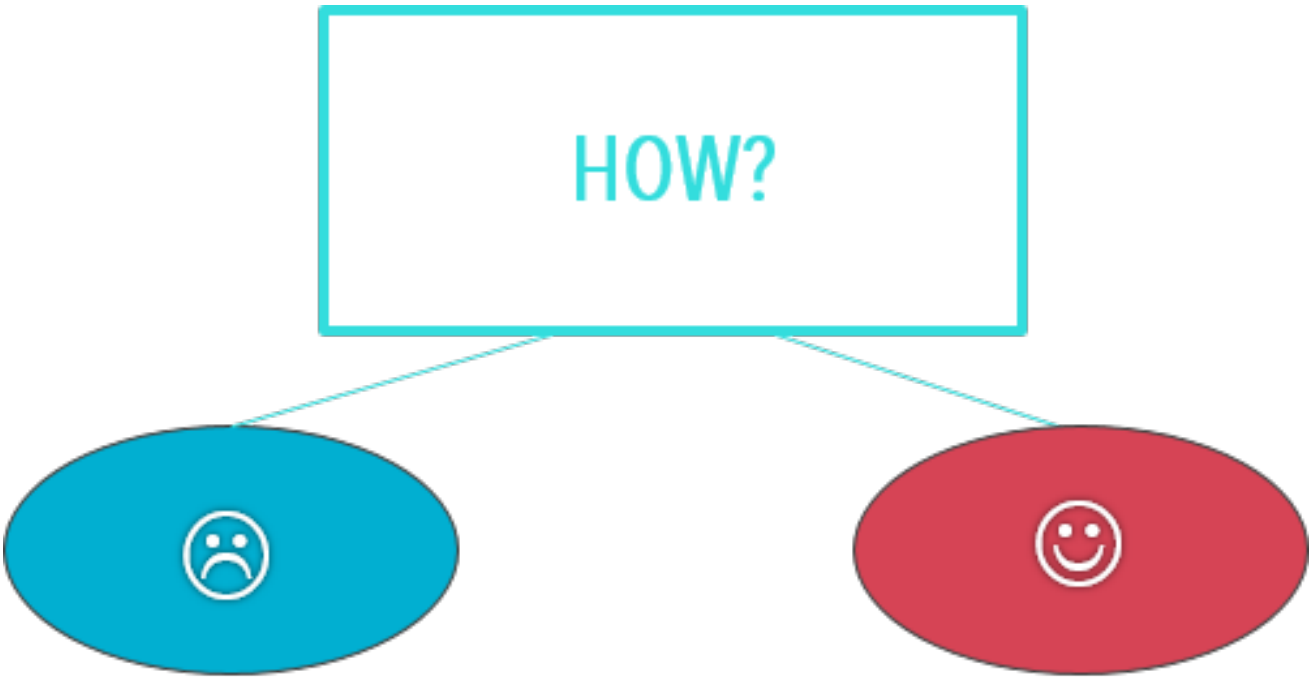
DISTINCTION TIME:



Mindless	Mindful	Mindless	Mindful
Knee-Jerk	Intentional	Knee-Jerk	Intentional
The 'old' conversation	The 'new' conversation	The 'old' conversation	The 'new' conversation

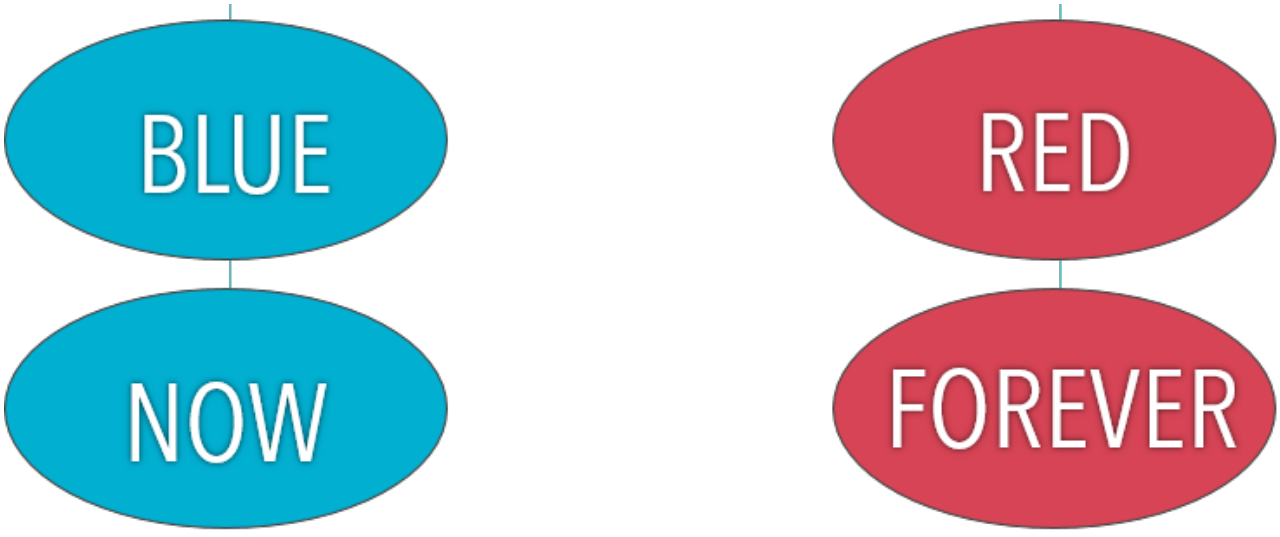
Change the game by changing the conversation.

AWARENESS #2:

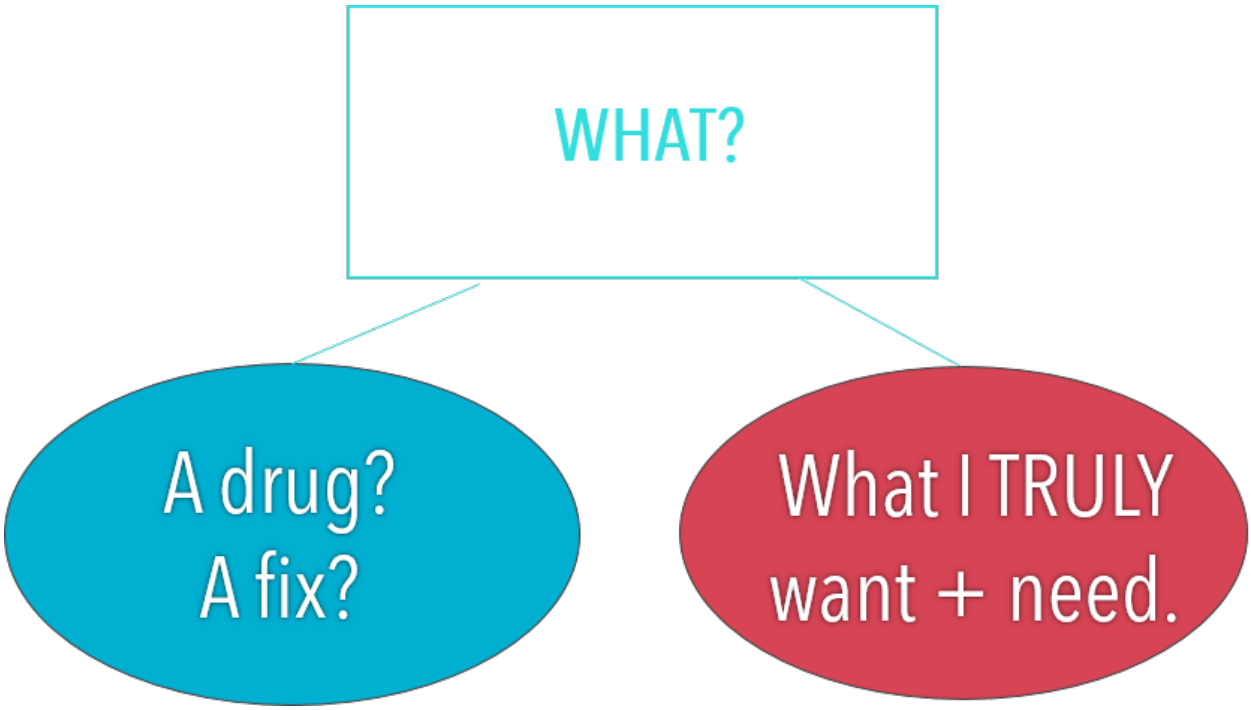


How Do I Want To Feel?

(and what's the conversation?)



AWARENESS #3:

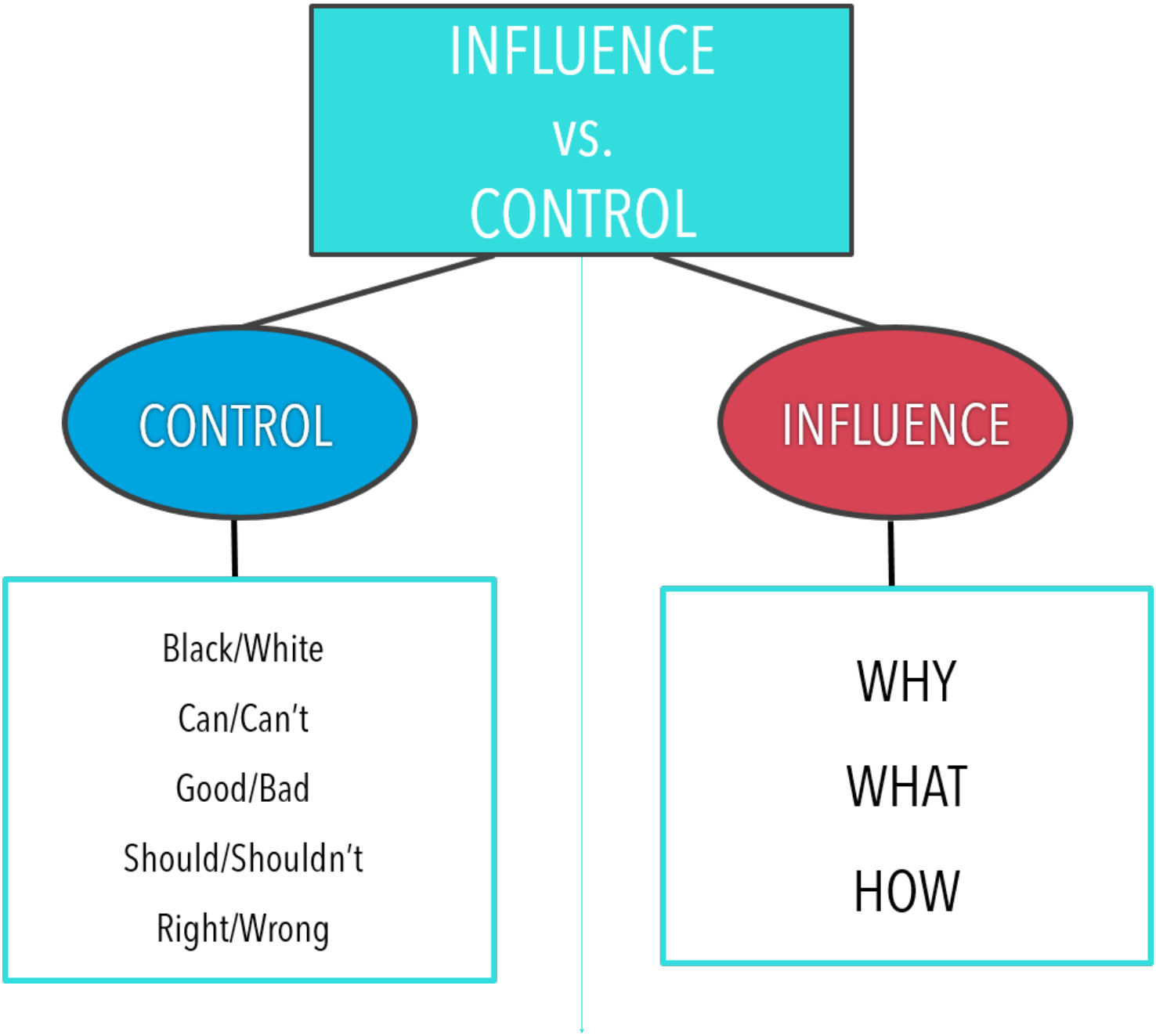


What am I feeding?

(The 'Now' or 'Forever' Conversation?)

What are you practicing?

DISTINCTION TIME:



Change the game by changing the conversation.

Step 3:
Connect Yourself

CONNECTION RECOVERY AUDIT

How Connected Is Your FEMALE Brain?

In the space below, brainstorm ways that you can create connection with yourself and with others. Your connection to yourself and to others determines whether or not your female brain is truly happy and satisfied.

Connection To Self:

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

Connection To Others:

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

Healing the Cycle of Overeating

Further Exploration & Awarenesses

Awareness Creator:

Think about your current habits/patterns. Where/when are you currently doing/consuming something mindlessly or for comfort? Get specific. Are there certain instances that you find yourself mindlessly consuming/doing something…or without even realizing it? (Once again we want to make the unconscious…conscious).

What are the situations and circumstances that you notice yourself using your 'drug of choice' to comfort yourself, numb yourself, or distract yourself? (For example, "When I am sad, I use food for comfort myself", "When I feel stressed, I go on facebook and distract myself.", "When I'm anxious, I drink wine and watch Netflix". What's your 'brand' of coping mechanism? And what emotion or stressor is causing you to turn to them?

Awareness Creator:

Think about your current mindless habits. Where are you currently trying to 'control' what or how much you do/consume of something? What situations or circumstances does this bring to your awareness? Jot them down below…

Awareness Creator:

Think about your current habits/patterns/coping mechanisms . Are you able to distinguish when you genuinely NEED something….vs when you WANT something? Are you able to 'hear' your cravings and let them tell you what they mean?

Possibility Creator:

Think about all the times you either gave yourself too much RESTRICTION or too much PERMISSION when it came trying to 'control' your habits. What would your 'sweet spot' be when it comes to your habits so that you felt like you were positively influencing yourself and your circumstances... without feeling like you had to sacrifice all the things you like? Create YOUR version of that 'sweet spot'.

(Example: Instead of saying "no more sugar" I created certain food guidelines for myself that help me feel like I was 'in control' of my eating habits, but with the freedom and permission to intentionally choose treats and delicacies when I truly wanted it. I call it creating 'Structure with Freedom'. It takes you away from the black/white, all/nothing conversation, and gives me the ability to mindfully and intentionally RESPOND.

It's an 'Inside Job'...

You're beautiful down to your bones, can't you see it?

Your beauty, your body, your brain,
they just prove it.

I dream of the day you'll look in,
and you'll see it.

Until then I'll just nudge you, remind you, and repeat it.