

# how has dieting interfered with your life?



Write down how dieting / restriction has interfered with your life socially, behaviourally, psychologically and physically. This list might help you with that.

## BEHAVIOURALLY

- If I break a food rule, I eat even more of it
- If I eat too much, I skip a meal or eat less food, even if I am hungry
- I eat more food when I'm feeling stressed
- I exercise predominantly to burn calories
- Talk a lot about dieting, weight and food
- Ignore food rules when on holiday and eat whatever I want, no matter how full I feel
- Binge eating
- Avoiding physical intimacy

## SOCIALLY

- I eat differently
- I compare my food to what others are eating
- I worry about what people think about my body
- I try to eat the same type and quantity of foods that other people are eating
- I cancel social events because of the food or meals served
- I avoid eating
- My behaviour and beliefs about eating and body have interfered with relationships.

## PSYCHOLOGICALLY

- I worry about my eating
- I have strict rules about eating
- I count calories, carbs or other
- I have good vs bad thinking around food
- I feel guilty if I eat a perceived bad food
- I am afraid of feeling hungry
- I am afraid of feeling too full
- I don't trust my body
- I am afraid that if I start eating a forbidden food, I won't stop eating
- I am pre-occupied by thoughts of what I eat and don't eat

## PHYSICALLY

- Weight gain
- Blunted metabolism
- Cravings for carbohydrates
- Blood sugar swings
- Disconnect from hunger cues
- Disconnect from satiety cues
- Chronically tired, even when sleeping well
- Hair falling out, more than usual
- If female: missed or inconsistent periods
- Feeling numb physically
- My skin is more acne-prone
- My libido is low

How much time and money have you spent in pursuit of weight loss?