Overcoming Overeating

Accept Losses you will have when no longer dieting

 Weight loss is no longer the solution to all my problems

 I can no longer use eating/weight to disguise my real concerns

 I must direct my feelings (including anger) at the real problems in society/my life

 I can no longer connect with others by discussing weight, diets, and exercise

 I must accept other’s bodies as they are

 I can no longer punish myself by binging and hating my body

 I can no longer be naughty by hiding my eating

 I am no longer virtuous for dieting/exercising

Legalize Your Body

 Mirror Work

 -accept what you see (neither good nor bad), help others do the same

 -understand what you see (age, gender, genetics, past habits, metabolism, stress)

 -inhabit what you see (to the outer edges, don’t try to shrink who you are)

 Size Acceptance

 -surround yourself with representations of women in all shapes and sizes

 -wear comfortable clothing that fits well

 -accept others no matter what size they are

 -never diet or exercise to lose weight, as it leads to deprivation, resistance, and rebound

Confront Bad Body Talk

 “Who says?”

 Apologize to your body for the way you have treated it and talked to/about it

 Set the negative thought aside

 What is the bad body thought really about? What triggered it?

 Dialogue with your body parts and develop compassion and self-care

 Bad body thoughts are never about your body, even when they come from someone else

Eating On Demand

 Legalize all foods equally

 Stomach hunger vs. Mouth Hunger (emotional eating)

 Match food to needs of stomach hunger

 Use a food bag, to have good handy for self-care

 Work toward eating only until full (satiated)

Internal Caretaker

 Unconditional Self Love

 Courage to feel deeply, it is only a feeling and won’t last forever

 Think independently

 Internalize new rules and beliefs, “who says?”

 Thoughts and feelings don’t have to result in action

 Compassion for the struggle

 Evaluate each choice

 Challenge unrealistic standards

 Never celebrate weight loss- celebrate yourself as you are everyday

 Weight loss is neither good nor bad, it just is. “Yes, I’ve lost weight/Yes, I’ve gained weight.”

If you could tolerate being any thinner than you are right now, you would be that thin.

(Summarized from “When Women Stop Hating Their Bodies”, by Hirschmann and Munter)