

BREAKUP WITH DIETING

MaKai Nutrition LLC

WHAT DOES DIETING GIVE YOU?

LIKE, ACTUALLY GIVE YOU

- Increased binge eating
- Decreased metabolic rate
- Increased preoccupation with food
- Increased feelings of deprivation
- Increased sense of failure
- Decreased sense of willpower
- Erodes your trust with food

WE LIKE TO LOOK AT DIETS WITH ROSE COLORED GLASSES



MaKai Nutrition LLC

REJECT THE DIET MENTALITY

**WHAT THOUGHTS DO YOU
HOLD THAT MAY BE
FUELING A FANTASY OF
GOING ON ONE LAST DIET?**

**HOW HAS DIETING
INTERFERED WITH YOUR
LIFE?**

Mental Health, social life,
relationships, and physical
health

**WHAT DO YOU IMAGINE YOUR
LIFE WILL BE LIKE WHEN YOU
ARE FREE FROM IT?**

How do you imagine that will feel?

WHAT THOUGHTS DO YOU HOLD THAT MAY BE FUELING A **FANTASY** OF GOING ON ONE LAST DIET?

Even when you are clear that dieting does not work for you and, moreover, that it causes harm, it can still be difficult to let go of the fantasy of weight loss and achieving a "new you".

Ask yourself, what is the fantasy of going on one last diet?

Why can't you have that fantasy now?

HOW HAS DIETING INTERFERED WITH YOUR **LIFE?**

Mental Health, social life, relationships,
and physical health

WHAT DO YOU
IMAGINE YOUR
LIFE WILL BE
LIKE WHEN
YOU ARE **FREE**
FROM IT?

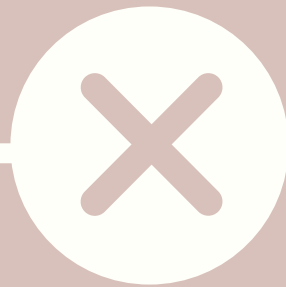
How do you imagine that will feel?

Action Step: Put It All Together



**SO YOU
FANTISIZE
ABOUT THIS**

What thoughts do you hold that may be fueling a fantasy of going on one last diet?



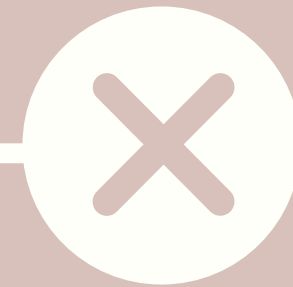
**BUT DIETING
GAVE YOU
THIS**

How Has Dieting Interfered with your Life?



**AND YOU
WANT THIS**

What do you imagine your life will be like when you are free from it?



**DOES DIETING
SERVE YOU?**

Think about it long term. Does dieting and the pursuit of weight loss serve your dream life? Does dieting/weight loss REALLY give you what you fantasize about?

Questions? Thoughts?