

CHALLENGE THE FOOD POLICE

MaKai Nutrition LLC

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THAT VOICE IN YOUR HEAD MAKING YOU SECOND GUESS

Practice reframing your distorted thoughts:

Unreasonable Thought:

Questions to ask:

Thought Reframed:



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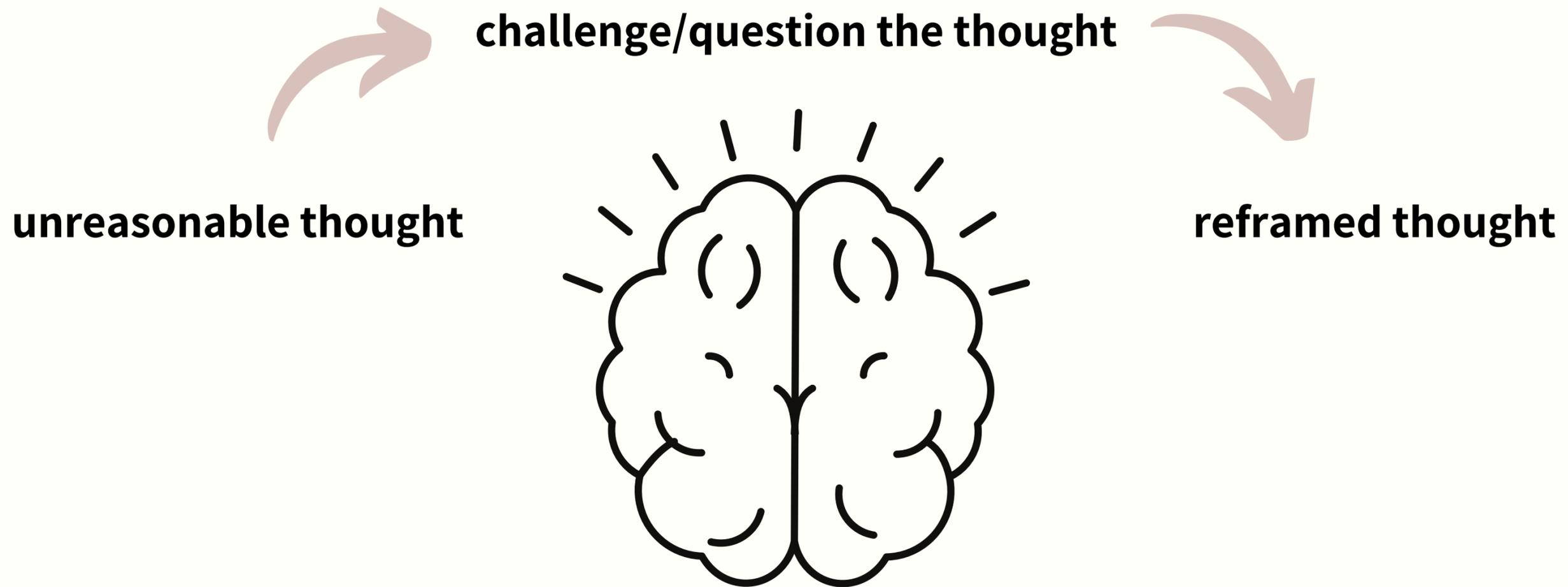
EXAMPLE

Unreasonable Thought: I should never eat carbs during the day, even if I crave them

Questions to ask: Should I really never eat carbs? Aren't there times of the day when I do, in fact, eat a lot of carbs? How do I feel when I don't eat carbs during the day?

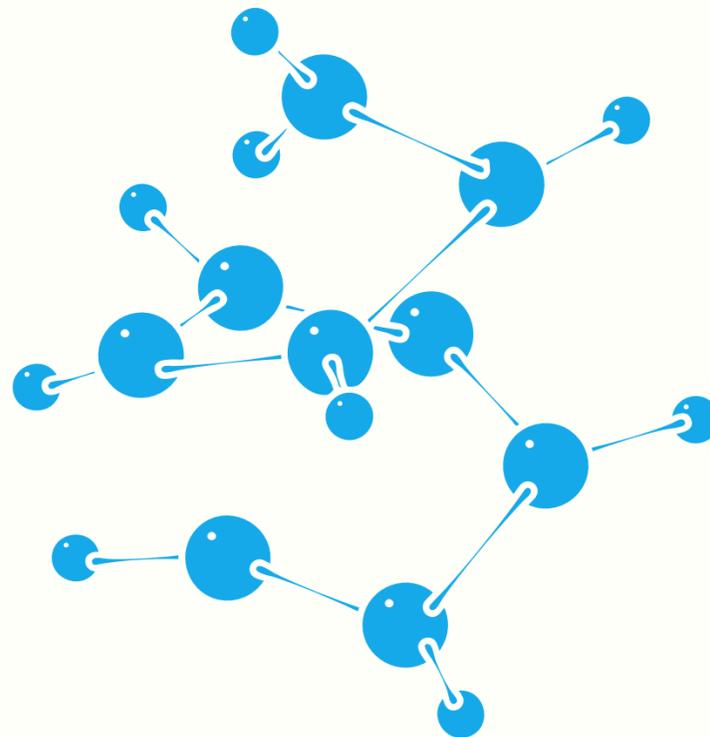
Thought Reframed: My past experience demonstrates that when I haven't eaten carbohydrates during the day, I end up having little energy and often binge on carbs at night

NEUROPLASTICITY



NEUROPLASTICITY

Our brain contains a virtually unlimited number of neural pathways. It travels through a certain path in the structure and thinking the same thought strengthens that particular path.





Similarly, of how people walk in the field of grass, the more they walked down a certain path, the more dominant and easy that particular path becomes.



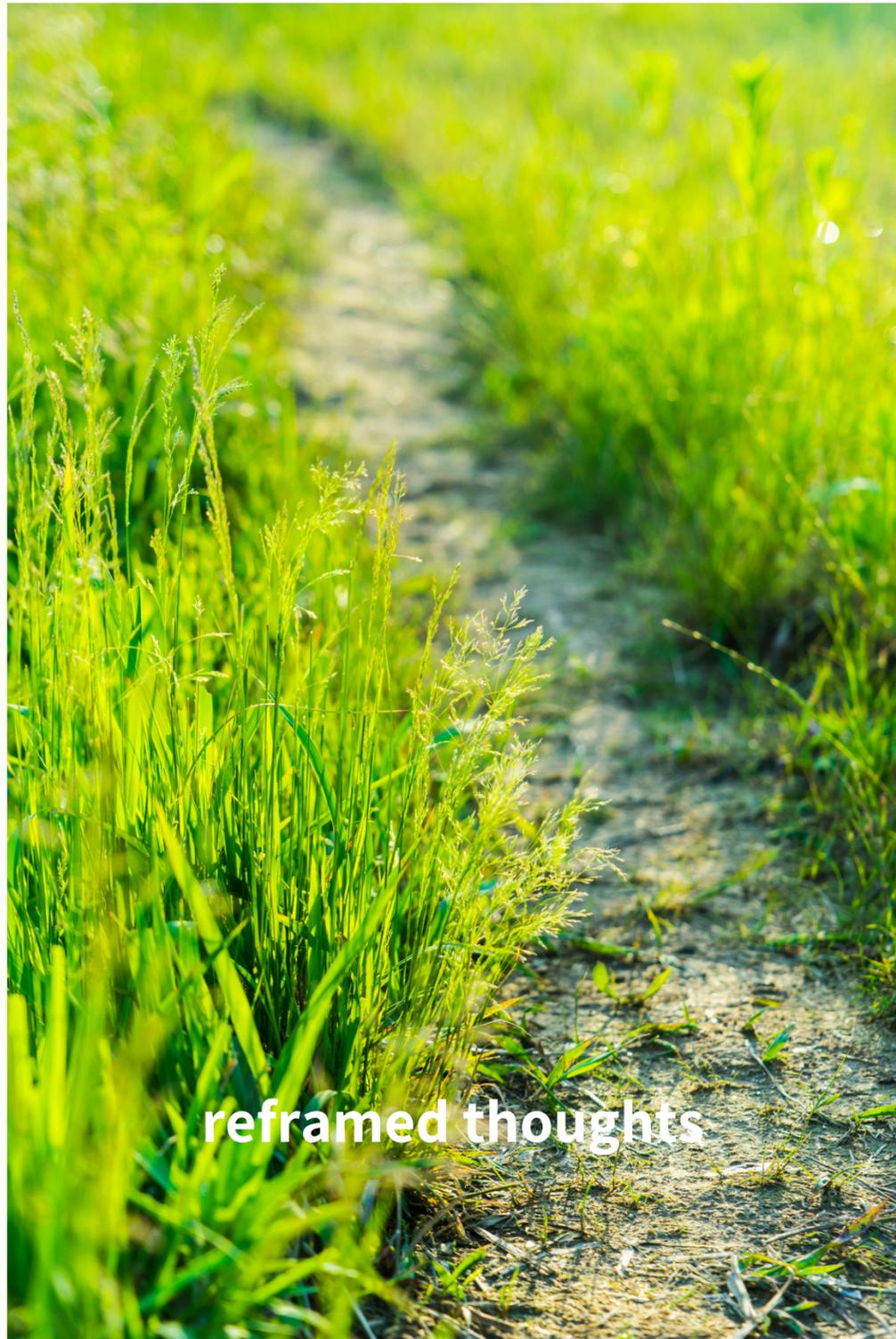
Every thought you have is shaping your pathways. So if you have the same thoughts, habits, emotions, reactions regularly, that means you're creating and reinforcing the pathway for that habit in your brain.



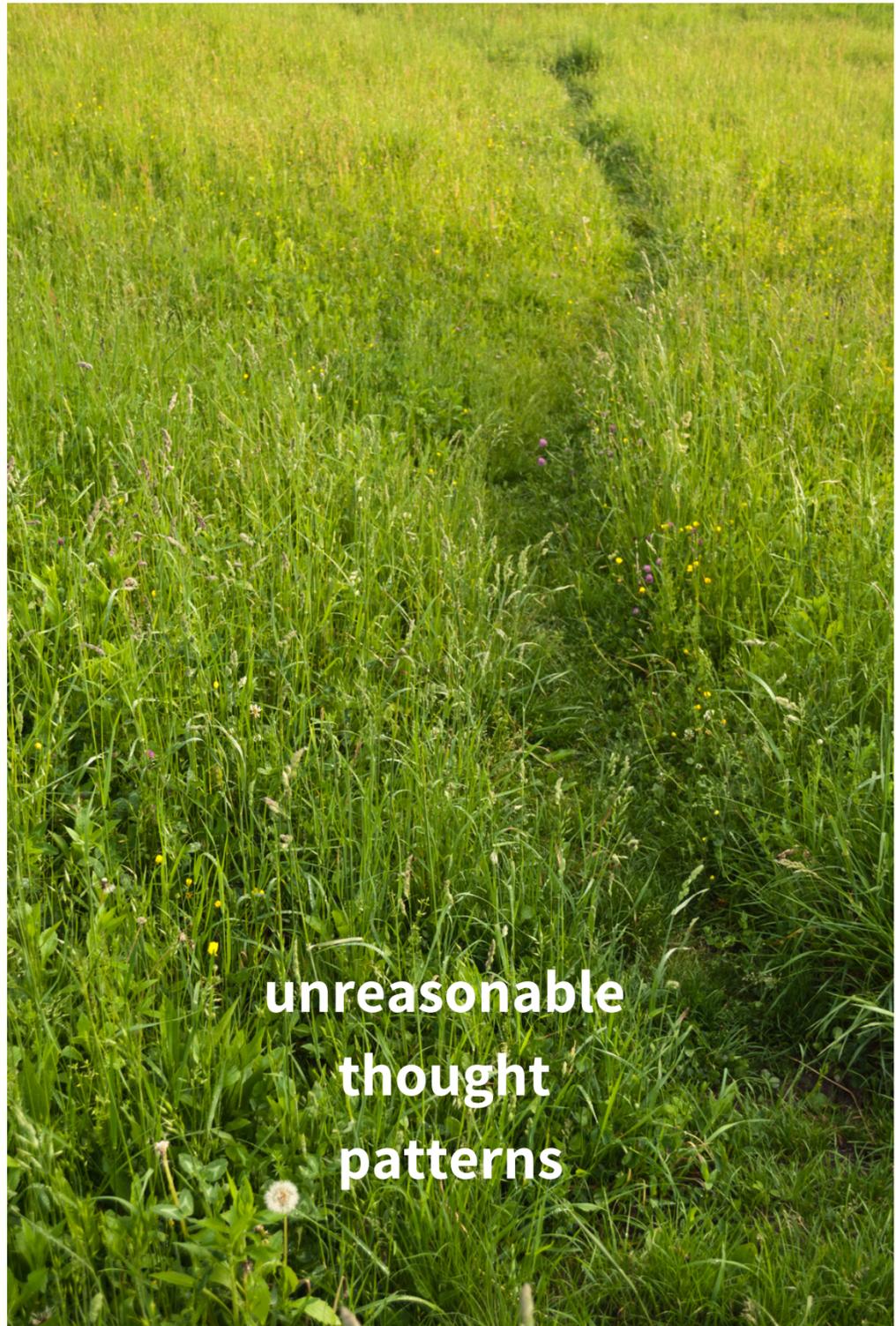
reframed thoughts



**unreasonable
thought
patterns**



reframed thoughts



**unreasonable
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Action Steps

Post in the Facebook group for accountability



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