

Phase 2

Behind The Binge
WORKBOOK

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nutrition

Phase 2

Body Image

Set Point Weight

Managing Body Image Triggers

Body Image Core Beliefs

Cost/Benefit

Listen to Your Body

Hunger/Fullness Hormones

Hunger/Fullness Scale

Mind-Body Connection

Module 1: Body Image

BODY IMAGE EXERCISE

Write a letter to your body

Write a letter to your body as if it was a person. Allow whatever feelings/thoughts that come up to be released onto the paper. See what it teaches you or what it helps you release.

Common thoughts/feelings that come up include: anger, asking for or giving forgiveness, sadness, gratitude, clarity, understanding, empathy. Whatever comes up for you is okay. Feel the feels and allow them to pass through you.

Extra Space: Body Image Letter

BODY IMAGE CORE BELIEFS

change your old beliefs

Remember to dissect these old beliefs and thoughts before moving onto the reframe

Recognize the belief:

Is it true/does it align with your values?

Is there a need that is not being met?

Reframe when ready

COST/BENEFIT

Body Image Desires

Remember to be truthful of the cost/benefit to pursuing changing your body.
You have body autonomy and get to decide what is worth it for your life.

Desire:

Option 1 Costs and Benefits

Option 2 Costs and Benefits

Reflection. Which option does the benefit outweigh the cost

Module 2: Listen To Your Body

LISTEN TO YOUR BODY

Hunger/fullness scale

Journal your hunger/fullness to identify patterns and problem solve. Template provided in google sheets format

date:

meal:

time:

pre-meal hunger level (1-5):

pleasant, neutral, unpleasant:

food eaten:

post-meal fullness level (6-10):

pleasant, neutral, unpleasant:

notes:

SO YOU ATE TO A 10

Now what?

Use these questions to think curiously and problem-solve why you ate to a 10

What thoughts came to your mind before, during, and after you ate?

Did you pause during your meal to assess your fullness? Were you eating too fast?

What did you feel physically that told you you were full? Did you stop prematurely?

Were you distracted while you were eating? What effect did this have on your fullness?

Were you satisfied (physically and mentally) with the meal/ate you ate?

Are you feeling "extreme hunger" or "mental hunger"? Are you in the process of healing this and honoring these signals?

MIND/BODY CONNECTION

Listen to more than hunger/fullness

Listen to how you feel physically after eating the food you choose. Your body will tell you what works for you and what doesn't. Something might look great but make you sleepy or hurt your stomach or cause your blood sugar to drop quickly. It's important to weigh all of these things and not just go simply for the needs of your taste buds all the time.

How did my body feel after eating this?

Did I like this feeling?-Were there any ill effects from my meal? {gas, heartburn, stomachache, headache, tiredness, etc}

Did I feel more energy after eating?

Did I feel sufficient from my meal/food?

Did this hold me long enough or cause me to get hungry again quickly after?

In general, what are some eating patterns that work well for me, and how could I make some adjustments?

Would I choose to eat in this manner again?

