

## Diet Rules

*When you identify the rules you have created or carried it will become easier to release them, challenge them, and replace them with new guidelines based on how your body feels its best. You can start to tune into your body and listen without needing a rule to tell you if you are being good or bad. Here are some common rules that hold you back.*

Don't eat past seven.

If it has more than x grams of fat I can't eat it.

If it has more than x amount of calories I shouldn't eat it.

Sauces are fattening.

I need to eat low carb to lose weight.

I can't lose weight if I don't control what I eat.

I am addicted to sugar.

If I eat dessert I can't stop so I need to avoid it.

I should skip breakfast and have a light lunch because at night I lose control.

Drink water or diet soda to fill yourself up.

Exercise to make up for a cheat meal.

If I eat over x amount of calories in a day I need to make up for it.

Skip meals before holiday or party with food.

If I rest or relax without an agenda I am lazy (yes this is a diet rule)

Use the questions below to prompt some discussion and self awareness around these rules so you can challenge and release them to tune into your own body clock.

What rules have you acquired along the way that tell you whether you are being good or bad? List them in your journal.

Do they keep you connected or disconnected from your body?

Do they work for you and your lifestyle? How have they held you back.

Is there any fear in letting them go?

How would it feel to create new guidelines based on what your body tells you?

What foods do you know make you feel good physically and emotionally?