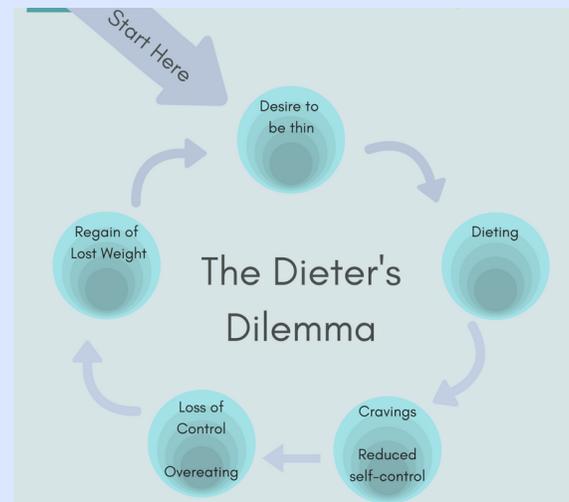# PRINCIPLE 1: REJECT THE DIET MENTALITY

It's time to take your life back and forget about the false promises that diet culture has made you believe. **YOU** are *not* the problem. The dieting system itself is set up for failure. And it's time to reject diet mentality once and for all. Don't allow the false hope of there being another diet around the corner linger in the back of your mind. In order to find peace with food, you must fully reject the diet mentality. This means not only giving up dieting, but also the sneaky rules you follow when not on a diet (ie. no eating after 6pm, low carbs, etc).

Shift your frame of thinking. Recognize and **acknowledge the damage that dieting causes**. Evidence shows that dieting actually increases your risk for gaining weight and also slows metabolism. Dieting also makes you more likely to develop eating disorders. body dissatisfaction, and increases food cravings. Next **identify what diet mentality looks like for you**. What are some of the beliefs that you have about food and eating? A final step to shifting your perspective on diets is to **get rid of dieting tools**. Throw out the scale and calorie counters. Your progress will be reflected in listening to your internal cues and developing a normalized relationship with food.

Start Here

Desire to be thin

Dieting

Cravings
Reduced self-control

Loss of Control
Overeating

Regain of Lost Weight

The Dieter's Dilemma

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Principle One Journal Prompts

What damage has dieting caused in your life? Mentally? Physically? Socially?

What are some things you can tell yourself when diet mentality creeps into your thoughts?

What have you traditionally used as a measure of dieting success? Calorie trackers? Weight? Calories burned? What could you implement in place that is empowering?

Adapted from the book *Intuitive Eating* by Evelyn Tribole & Elyse Resch