

EATING FORBIDDEN FOODS EXERCISE

1. Make a list of the foods you have forbidden or not allowed.
Foods you typically judge as bad or wrong. Select a food you like.
2. Look at the list and decide which is the first food you would like to eat again with your full permission.
3. Bring that food into your house this week.
If you can, bring more of it than you can eat at one sitting.
4. When you feel like the food, take it, put it on a plate and sit down.
Eat this food until you are satisfied or you have had enough.
5. Eat the food with your full awareness and attention.
Remove all distractions: screens (TV, computer, phone), magazines and books.
6. As you eat this food notice the taste, the texture, how it feels – the sensation of eating it and how it feels in your body. Notice if it is pleasurable or not. If you are not enjoying the food, leave it.
7. Notice any thoughts you might be having as you eat this food.
It could be judgement. Notice any emotions.
8. Remind yourself that you can have this food any time you would like it again.
9. If you notice any judgements or guilt around eating this food remind yourself that this is how you are learning to make peace with food.
10. Each week go back to your list and bring one forbidden food into your kitchen and do this again.