

4 DOABLE HUNGER TRAPS

TAKE CONTROL OF FOOD CHALLENGE: DAY TWO

#1

Getting pissed when you forget to do it.

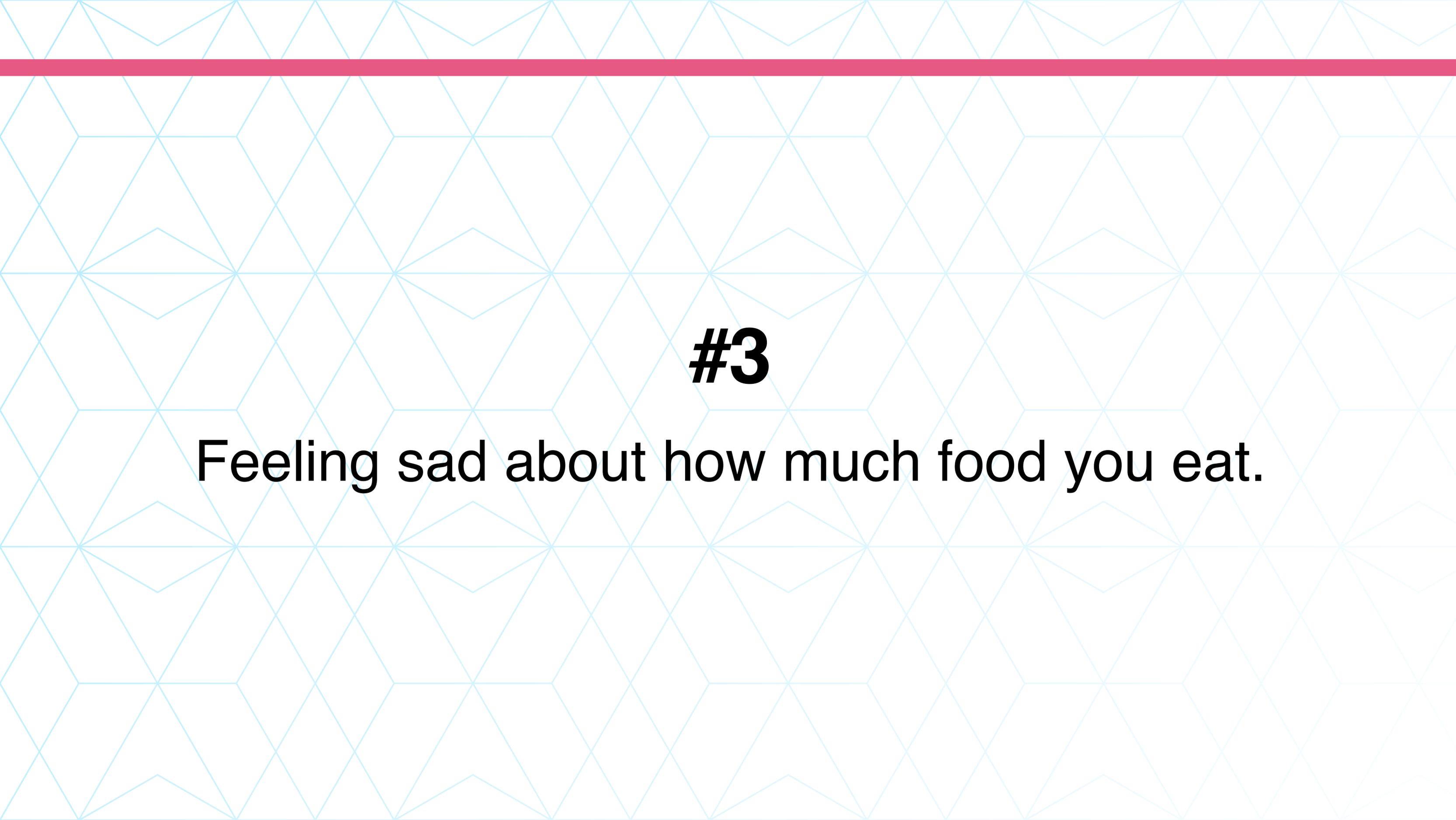
- **Stop having unrealistic expectations!**
- **It takes time to get into the habit of asking the questions.**
- **It takes understanding your typical desires to eat. Once you know your desires, you now have the exact thing you need to work on.**

Waiting for hunger and stopping at enough doesn't take willpower. With enough **TIME, PATIENCE,** and **GRACE** you will see it's quicker and more effective than calorie counting, gets easier as time goes on, and gives you plenty of food to eat without feeling overly hungry.

#2

**Thinking you should eat the same
amount of food each day.**

- You won't eat the same each day.
- Hormones, stress levels, and physical demands fluctuate.
- Some days you are hungrier. Eat.
- Some days you aren't. Don't eat and freak out.
- Your body will take time to normalize.



#3

Feeling sad about how much food you eat.

- You might feel sad or deprived because you don't need as much food as you've been eating.
- Remember, you aren't being deprived. You're allowing your body to catch up on a lifetime of overeating.
- Eventually things will level out.
- Sad is normal. If you've been eating to have fun or relax and you don't get to do that as much, of course you'll feel sad until you learn how to have fun and relax with your mind.
- Remind yourself that you're ready to feel good in new ways other than when eating.



#4

Worrying about wasting food.

- **If you keep overeating to not waste food, you will be wasting your money and your life.**
- **How will you ever be able to reduce your grocery bill if you keep overeating for fear of waste?**

What's Wasteful?

Sitting around cleaning your plate like a 12 year old instead of learning how to serve yourself less food?

Being scared to toss 50 cents worth of food instead of scared you're wasting your life wishing for weightloss?

Taking meds instead of taking a moment to ask what you truly need if food isn't the solution?

Weightloss comes down to figuring out your perceptions and thinking around food, and then learning how to create new perceptions and thinking that help you lose weight easier.