

DIET MENTALITY THINKING	INTUITIVE THINKING
"I can't eat lunch yet, even though I'm hungry, because it's before 12pm"	"I'm feeling hungry for lunch right now, so I'll eat it"
"I can only have this [certain food] today, but after today I'm not allowed to eat it anymore"	"I'm free to eat that food and any other foods that sound good to me, at any point, without stipulations"
"I can't keep X food in the house or eat X food because I can't control myself around it"	"I know that deprivation fuels eating past the point of feeling good, so I allow myself access to all foods, at any point"
"I feel so guilty for skipping my planned workout, I really should've gotten it in"	"I move my body in ways that feel good and bring me joy - guilt and obligation do not play a role in why, when or how I choose to move"
"I'm so worried I'm going to feel hungry before I should"	"I know I can trust my body's cues and my rational thoughts to tell me when I should eat next"
"I can't go out to eat with friends tonight because I won't know how all my food is prepared and if it's within my diet plan"	"I'm excited to see my friends, try a new restaurant I haven't yet and have fun tonight"
"That meal was the choice that best fit my diet plan so that's what I ate"	"That meal was so enjoyable and satisfying - exactly what my body was asking for"
"Oh my gosh, I can't believe I ate so far past the point of fullness. What is wrong with me, why am I the only one I know who can't be 'normal' with food?"	"I ate well past the point of comfortable fullness - I must have let myself get too hungry before sitting down to this meal. Although it doesn't feel great, I know this feeling will pass and I can use it as a learning lesson that my body needs a snack in between meals, otherwise I am ravenous and the body's natural response to being ravenous is often to eat past the point of comfortable fullness"
"I'm so lazy, I can't believe I skipped yoga tonight. I feel like such a failure"	"I don't feel like going to my usual yoga class tonight. My body must be telling me that I just need rest more than it needs yoga right now"
"I can only eat one bite of this food and then I need to throw it out"	"I can eat however much of this food I want, without constriction"