



Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

Curriculum Two (2)
Week 7

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WEEK SEVEN:

What's Eating You?



Healthy Living



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FREEDOM WITHIN THE LAW

You have discovered some incredible things about yourself in the past six weeks. Some of these things make you feel confident and proud. Some amaze you. Others may make you feel uncomfortable. These uncomfortable feelings may not be new to you, but have surfaced more often since you began the program. These feelings are understandable and have been experienced by many before you. The tendency to become relaxed and complacent in this phase of the program is really just those uncomfortable and negative behaviors re-surfacing. **YOU ARE NO LONGER AFRAID TO TAKE AN HONEST LOOK AT THESE BEHAVIORS. YOU UNDERSTAND THAT YOU MUST PUT THEM INTO PERSPECTIVE.** When negative behaviors are suppressed rather than dealt with, they lead to failure and frustration. Weight loss is only part of your goal. You must rid your life of the behaviors which contributed to your “extra layers” to ensure they never return. Do not focus on what you are “giving away” in terms of eating behaviors, but concentrate on and rejoice in the freedoms you are receiving!

Are you wondering today if all of this is really worth it? Are you secretly thinking you can hold on to your old attitudes about food and eating and still live the free, slender life? You may be apprehensive, not knowing what life will really be like when you become the TRUE YOU. Look at your TRUE YOU picture. Does that person look unhappy or afraid? No, that person looks happy and confident. Are you willing to risk your success by holding on to a few old, destructive eating behaviors? No! You are on this journey because you desire a lasting change in your life. The PRISM® Program teaches the principles necessary for transformation in this area of your life. It is a process that will take your time and commitment.

Living by the “laws” or guidelines of this program for the past six weeks has brought some of your weaknesses to light. You are beginning to understand how and why you first became overweight. Although the program guidelines and KEY PRINCIPLES are helping you to lose weight, you cannot live under these “laws” forever. This journey is designed to help you recognize the weaknesses in your eating behavior and replace negative behaviors with positive attitudes which produce right actions. You must deal with your negative eating behaviors and poor attitudes as they surface. Remain diligent and determined as you focus on your destination, the TRUE YOU. The ultimate objective of this program is to enable you to be free from the guidelines and restrictions of this or any other weight loss program FOR LIFE! Your transformation to the person you were created to be will allow you to reach and continue at your “right weight” for a lifetime through the rehabilitation and restoration of your attitudes and actions.

Practice each day what you have learned, strengthening the positive attitudes within you. You know that this is within your grasp. Phase One brought you to a new level of trust in yourself and your ability to live by food guidelines. What was once only a dream is now becoming a reality. Healthy,

WEEK SEVEN - Lesson 1

accountable eating is revealing the TRUE YOU! In this phase you will continue to look beneath the surface of your actions. As you uncover, work through and transform each weakness into a new strength, the restoration process continues. Your honesty and openness with yourself hastens your journey to the TRUE YOU.

**YOUR COMMITMENT TODAY
SOLIDIFIES YOUR DETERMINATION
TO USE THE PROGRAM GUIDELINES
FOR THEIR INTENDED PURPOSE - TRANSFORMATION!!**

OPTIONAL SCRIPTURE READING:

I PETER 2:16

"You are free from the law, but that doesn't mean you are free to do wrong. Live as those who are free to do only God's will at all times." (The Living Bible)

ISAIAH 61:1

"The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives, and freedom to prisoners;" (New American Standard Bible)

PERSONAL EVALUATION

1. Which of the program guidelines have been the most difficult for you to follow?

2. What do the above answers tell you about yourself, your eating behaviors and attitudes?

3. Are you beginning to understand that if you do not change your negative eating behaviors, attitudes and actions you will not complete your journey to the TRUE YOU?

4. Do you find yourself rebellious or resistant to some of the guidelines of the program? Why?

****NOTE:** At this point in the program you may find yourself feeling rebellious toward writing things down. You may begin to think you have become a “calorie expert.” You may even be thinking you are at a point that you could stop counting your calories and writing down what you eat. **DO NOT BEGIN TO PLAY GAMES WITH THIS PROGRAM!** You must be willing to give up old negative behaviors and replace them with right attitudes and actions. That is the **ONLY WAY** you will see victory and freedom as a lifestyle. Remember, discipline and accountability **WILL** make a difference!

THIS CONCLUDES WEEK SEVEN – LESSON ONE

TAKING YOUR THOUGHTS CAPTIVE

The subject of today's lesson concerns understanding and acknowledging the seriousness of food misuse in your life. At the same time you realize how serious the misuse of food is, you must also learn that you can rid your life of these destructive eating behavioral patterns. You are more aware today than ever before of the negative and destructive eating behaviors in your life. You have discovered just how much you love to eat. More than likely, you are beginning to recognize the position of priority that food and the "activity of eating" has had in your life.

You must not allow this activity to remain such a high priority. Until just six weeks ago, your life may have been a revolving door of dieting, then overeating, dieting, overeating, dieting... Today you will look at some of the statements you may be saying to yourself that are keeping you from experiencing total freedom in this area of your life.

How often do you find yourself saying "I love that food" or, "Oh, I can't have that. I'm on a diet.?" These two statements reinforce a feeling of deprivation and loss. What you love and miss are your old "favorite foods" and the way you ate them. Perhaps your desire and longing to eat may not be coming from any particular food, rather it could just be the lustful desire TO EAT. The more you say you can't have something, the more this compelling desire fills your mind. It is this compulsion to eat that you may be battling. One particular type of food may not be the offender. The problem could be how and why you consume it. You may believe your weight loss success in this program is due to the foods you have NOT been eating, most of which may happen to be your favorites. While this is true in part, your success is really a result of a change in your "eating activity." You must begin to recognize and affirm this change with correct statements which support positive eating behaviors. Say to yourself "I enjoy healthy food" or "I choose not to have that."

Another statement you may make which requires a second look is "I am a food addict." Though you may always have to be guarded and careful about your eating activity, you do not have to live in fear of ANY food for the rest of your life. If you say or believe you are addicted to a particular food, you are simply reinforcing fear and feelings of abnormality. Food is a necessary element in life. It was created to sustain and strengthen you. Problems arise when you become dependent on and use the "activity of eating" to balance your life. As a result of this, chemical dependencies (i.e. sugar addiction) can develop, but can also be overcome. If you have a chemical addiction, abstinence may be necessary. The phrase "food addict" has no place in your life. The statement "I may have a problem controlling my eating activity, but I am working daily to overcome it" is a more accurate description of your problem.

You need not feel isolated or alone any longer. Millions of others share your dilemma. You have the ability to overcome negative eating behaviors and bad habits for a lifetime! You are on the road to restoration and a normal life, free from the bond of any particular food.

**YOUR FAITHFUL ADHERENCE TO
THE PROGRAM GUIDELINES
IS PREPARING YOU FOR A
LIFE OF FREEDOM AS THE
TRUE YOU UNFOLDS
IN LASTING TRANSFORMATION!!**

OPTIONAL SCRIPTURE READING:

I CORINTHIANS 10:23-24

“You are certainly free to eat food offered to idols if you want to; it’s not against God’s laws to eat such meat, but that doesn’t mean that you should go ahead and do it. It may be perfectly legal, but it may not be best and helpful. Don’t think only of yourself. Try to think of the other fellow, too, and what is best for him.” (The Living Bible)

PSALM 119:1-2

“Blessed are they whose ways are blameless, who walk according to the law of the Lord. Blessed are they who keep his statutes and seek him with all their heart.” (New International Bible)

WEEK SEVEN - Lesson 2

PERSONAL EVALUATION

1. What is the most common statement you make about yourself that reinforces negative behavior?

2. Is the above statement about you true? If so, how can it be restated more positively?

3. What are some things in your life that you enjoy more than eating?

4. Did any of these things suffer in the past because you gave a higher priority to the "activity of eating?" How does that make you feel?

THIS CONCLUDES WEEK SEVEN - LESSON TWO

LIVING WITH RULES FOR FREEDOM'S SAKE

Today you will look at your increasing understanding of how to deal with daily struggles and temptation. It is extremely important to allow negative behaviors and attitudes to come to the surface, be recognized for what they are, and then dealt with and released. You may not yet be facing strong temptations to turn back on the road to the TRUE YOU. However, you would not be in this program if you had not given in to temptation in the past. You must examine temptation and learn how to use it to your advantage. You may wonder how that is possible.

You are tempted only in areas of your life where there is weakness. Temptation is fed by your negative behaviors and attitudes. Why is it that you have a problem with eating while others are not concerned with it? Are those people stronger, better individuals? Certainly not, but you have weaknesses when it comes to certain foods and the “activity of eating.” You probably use it to balance and fill “holes” in your life. By taking a closer look at what tempts you, you will gain a deeper understanding of the types of eating behaviors and negative attitudes you possess which must be transformed. Temptation can be used to help you expose these weak areas in your life. Once exposed, they can be dealt with from a position of knowledge and strength.

Think about the times you are tempted. Is it usually when you are busy doing something productive and enjoyable? Not likely! Temptation creeps in during times when you are tired, inactive or emotionally upset! When you are depressed, angry, anxious, tired, “stressed out” or bored, quite possibly one of the first things you think about and USED TO DO IS EAT! You are not hungry. Why then, are you tempted to turn to the activity of eating in these situations? You are looking for something to “fill the void.” You have not learned how to fill this gap in other, more constructive ways so your mind drifts toward the kitchen. You spot that little piece of cake. The conversation within your mind begins and before you know it you just have to have that cake in order to “feel better.”

Whether or not you actually give in, you have opened the door to temptation and possible defeat through your attitude and actions. If you eat, you will feel guilty and defeated. Even if you do not eat, the battle you have fought within has drained you to the point that you may “take out your frustrations” on those you care for most. Recognize your temptation for what it really is, the need to fill a void within you. Fill that void with something other than food!

Face and overcome your temptation with the power of **P.R.A.Y!**

1. Be thankful you have finally found a **Program** which will transform your attitude for life! It is working! You will succeed!
2. **Recognize** that your attitude of temptation is destructive and giving in provides no lasting benefit. Take back your freedom of choice!
3. **Acknowledge** the power available to you to overcome this attitude. God loves you! You do not face this alone!

WEEK SEVEN – Lesson 3

4. Finally, accept responsibility for the choices **You** make! You are not a helpless victim!

Are you tired? Stressed out? Bored? Food and the “activity of eating” is NOT the answer! Balance your life with other activities which support the TRUE YOU! Eat to nourish your body, when you are hungry. Sit down and concentrate on what you are doing. Eat very slowly, chewing each bite. Do not read or watch television while you eat. Use your new insight and understanding to speed your journey to your destination – THE PERSON YOU WERE CREATED TO BE!!’

**THE KEY PRINCIPLES AND PROGRAM GUIDELINES
GIVE YOU THE OPPORTUNITY TO FACE AND LEARN FROM
TEMPTATION!!
SO MOVE FORWARD... FOR FREEDOM’S SAKE,
THE FREEDOM YOU WILL EXPERIENCE AS THE TRUE YOU!!!**

OPTIONAL SCRIPTURE READING:

I CORINTHIANS 10:13

“No temptation has seized you except what is common to man. And God is faithful, he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” (New International Bible)

PSALM 119:76-77

“May your unfailing love be my comfort, according to your promise to your servant. Let your compassion come to me that I may live, for your law is my delight.” (New International Bible)

PERSONAL EVALUATION

1. When are you most tempted to overeat? It could be a certain time of day, a specific event or emotion.

2. Describe the specific elements of your answer to question one which cause you to be tempted.

3. How can you change your attitude toward these elements and avoid temptation? Can the P.R.A.Y. concept help? How?

****REMEMBER:** Working through your Personal Evaluation each day may seem like a lot of effort, but it is time well spent and insignificant in relation to the rest of your life!!

THIS CONCLUDES WEEK SEVEN – LESSON THREE

A REAL LOOK AT FOOD!

“Good nutrition” and “Eating nutritiously” are two phrases you have heard most of your life. Before you began this program, these phrases may have brought a third one to mind, “Take all of the fun and joy out of life!” In the past, your only care or concern about the food you ate may have been taste and quantity; and you may have rejected anything that interfered with your enjoyment of it. When people spoke to you about “healthy eating” and nutrition, you “tuned them out” and nodded politely. When you think about it logically, you know the quantity, quality and types of foods you eat have a significant effect on you and your physical health. After all, the foods you ate contributed to your weight problems, right? Are you willing today to take a look at some of the other ways the nature of certain foods have an effect on you? GOOD!

Begin by examining an all time favorite of many overeaters – PIZZA! Pizza consists of crust, sauce, cheese and other toppings, usually at least one kind of meat. The crust is white flour and hydrogenated lard (FAT). The cheese is milk FAT. Traditional meats like pepperoni and sausage are high in unhealthy nitrates and FAT. Do you see a pattern or common thread here?

UNHEALTHY FATS!

What is unhealthy FAT? It is that mushy, sticky but slippery substance around the edges of your steak. When heated sufficiently, fat becomes oil! Oil – Petroleum Jelly – Motor Oil – Grease... 100% GREASE!! Would you sit down to a bowl of melted lard and drink it... even if it were flavored?!

The thought of “eating fat” is not very appetizing, ESPECIALLY SINCE FAT IS WHAT YOU ARE TRYING TO RID YOUR BODY OF! When you take the time to think about some of your “old favorites” and what these foods actually consist of, YOU MAY DECIDE YOU ARE FREE TO CHOOSE NOT TO EAT THEM ANYMORE!!

Recall for a moment how some of these foods have “robbed” you in the past. They helped make you short of breath as you walked a mountain trail with your family. They contributed to that “sinking” sensation you felt each time you passed a mirror. You may have been chemically dependent upon the sugars or white flours in these foods to the point that you felt “ill” if you did not eat them! Are these the feelings of the TRUE YOU? Are memories of these feelings enjoyable for you? NO! YOU HAVE MADE THE DECISION TO CHANGE, TO EXPERIENCE LASTING TRANSFORMATION, FREE FROM THESE FEELINGS FOREVER!!

Perhaps you began this program six weeks ago with your only real objective to “shed some extra weight.” Now, you are beginning to recognize that a transformation must take place inside of you to ensure a lifetime free from poor eating behaviors. You know you must change the way you view certain foods, particularly those high in hydrogenated or unhealthy fats, refined sugars and white flour. Concentrated high calorie foods, particularly those containing white flour products, refined sugars and unhealthy saturated fats are generally also low in fiber, which increases fat deposits on your body. You

are becoming more aware each day how harmful, unhealthy fat affects your physical body and emotional well-being. However, do not become overly concerned or compulsive about the amount of fats you are consuming; greater awareness alone will help you in making healthier food choices each day. You do not want too much fat ON your body – so why would you put too much IN your body?

**AS YOU JOURNEY TOWARD YOUR DESTINATION,
YOUR AWARENESS AND UNDERSTANDING IS HELPING YOU
MAKE HEALTHY FOOD CHOICES!
THESE NEW CHOICES WILL SUPPORT YOUR LASTING
TRANSFORMATION TO THE PERSON YOU WERE CREATED TO BE!!**

OPTIONAL SCRIPTURE READING:

III JOHN 2:

“Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” (New American Standard Bible)

PROVERBS 16:21-22

“The wise in heart will be called discerning, and sweetness of speech increases persuasiveness. Understanding is a fountain of life to him who has it, but the discipline of fools is folly.” (New American Standard Bible)

PERSONAL EVALUATION

1. List at least five “healthy” foods you now appreciate that you never considered “really good” in the past.

2. In what ways, other than the number of calories, are you becoming more aware of the content of food products?

3. How does it make you feel to take a new, different look at your “old favorites” (pizza, etc.)?

4. Is your attitude toward rich desserts and unhealthy fatty foods changing? If so, how? If not, why? Does it help to think of what hydrogenated fat is really like (lard, grease, etc.)?

5. If you “rewarded yourself” with rich desserts or unhealthy fatty foods before you began this program, how are some ways you are “rewarding yourself” now?

6. What do your responses to question five say about the transformation taking place within you?

THIS CONCLUDES WEEK SEVEN – LESSON FOUR

TIME... A NECESSARY INGREDIENT FOR HEALING

On your journey to this point, you have examined and increased your awareness and understanding of many physical, psychological and emotional aspects related to your eating behaviors. These discoveries may leave you hurt and frustrated as you think about your past inability to break the ties you have had to food addiction and/or poor eating behaviors. Quite possibly, you could share your story of a life filled with pain and heartache as you have struggled to lose your extra weight. You could speak of abuse, isolation, anger and the lack of self-worth you came to accept as a part of every day life. These feelings of hopelessness are shared by many overweight people in this society. Even if you were as little as fifteen pounds overweight, you may suffer from significant emotional “hurts” from years of inability to maintain your “right weight.”

The feelings of pain you have endured as described above will not just “disappear” once you reach your “right weight.” If you had a physical ailment which required corrective surgery, you would immediately submit yourself to your doctor’s care. After the operation, you would go through a period of rehabilitation and recovery from your ordeal. This process can last weeks or even months. Years later, the scars left by the ailment and subsequent surgery would still remain.

In the same way, it will take time, understanding and patience to complete much of the healing process in your mind.

Here are some suggestions to help you move forward:

1. Forgive yourself for being overweight. Yes, it was your eating behaviors which caused your condition, but now that part of your life is behind you!
2. Forgive family members who may have contributed to your old eating behaviors. Many times parents or a spouse can be the target of resentment due to a lack of understanding or compassion. Forgiving them will bring YOU freedom and peace!
3. Forgive those who have hurt you with cutting remarks and those who have condemned you for being overweight. How do you feel today when you see overweight people who seem unwilling to change? Do you want to ask them why? Remember that others, especially children, are often ignorant of the complex reasons people are overweight.
4. Be gentle with your own “emotional stitches.” If you are a man, this applies particularly to you. Give yourself time to grow strong. Refrain from constantly putting yourself in stressful eating situations. Yes, you have traveled a long way, but healing and transformation are still ahead of you.

YOU ARE “FEARFULLY AND WONDERFULLY MADE!” Many times it seems the more you know about human nature, the less you really understand about yourself! For that reason and many more, the creators of this program believe the answer to your healing and lasting transformation lies

with the source of all wisdom and understanding, GOD! HE CAN HELP YOU THROUGH THE PROCESS OF LASTING TRANSFORMATION TO THE TRUE YOU – THE PERSON YOU WERE CREATED TO BE!!

**YOU DESERVE TO BE AT YOUR “RIGHT WEIGHT!”
AND YOU DESERVE THE LIFE OF FREEDOM WHICH
ONLY COMPLETE HEALING CAN BRING!!
HONOR YOUR AGREEMENT OF RESOLUTION!
STAY ON THE ROAD TO YOUR FINAL DESTINATION –
THE TRUE YOU!!!**

OPTIONAL SCRIPTURE READING:

EPHESIANS 4:32

“And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (New American Standard Bible)

PSALM 139:14

“I will give thanks to Thee, for I am fearfully and wonderfully made; wonderful are Thy works, and my soul knows it very well.” (New American Standard Bible)

PROVERBS 3:5-8

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body, and refreshment to your bones.” (New American Standard Bible)

PERSONAL EVALUATION

1. Write about a time when you experienced great emotional pain because of your weight.

2. In what ways has this experience motivated you to stay on this program?

3. What additional steps do you need to take to continue the process of your emotional healing?

THIS CONCLUDES WEEK SEVEN – LESSON FIVE

CHANGING YOUR VIEW OF THE OUTSIDE... FROM WITHIN

Has your opinion of your outward appearance changed in the last seven weeks? Of course it has! The feelings you have when you look in the mirror today are much different than those of just a few weeks ago. Whether you began this program ten pounds or one hundred ten pounds overweight, you have been dealing with new feelings and attitudes about the way you look. Whether the weight you have lost so far is half or just a fraction of the total you must lose to reach your “right weight,” the changes you are experiencing on the inside can be of equal magnitude.

Have you dreamed about how you will feel at your “right weight?” Have you thought about the possibility of people looking at you with admiration? Read about one person’s feelings on this subject:

“When I was fat, I used to daydream often about being thin and healthy. I imagined that if I was just ‘not fat,’ I would be happy. I wondered what it would be like to walk into a room and see heads turn in admiration rather than pity. How would it be to see people I knew and have them not recognize the new, improved me. I thought it would be wonderful!

Now I have experienced some of those things. It is not as easy and as much fun as I thought it would be. These experiences have made me realize how my ‘fat’ was a giant wall of protection, acting as my ‘security blanket.’”

If you have been overweight for a long time, you may feel anxious about how it will feel to be at your “right weight.” You may even be a bit frightened of “shedding the layers” and “exposing” yourself to the world. This fear may come from one of several possible sources. Did you grow up in an environment where “sex appeal” was viewed as dangerous, or even wrong? Often, women are made to feel responsible for the inappropriate advances made toward them simply because of the “way they look.” Abused children are often made to feel “responsible” for the abuser’s actions. Is being beautiful or handsome an invitation for abuse? Should you live in fear because you are attractive? NO!!!

You must release these misconceptions and the fears you have about becoming attractive! Whether you are a man or a woman you must put aside the myth that being healthy, handsome or beautiful invites trouble. The TRUE YOU that is emerging should give you confidence and peace! YOU ARE SPECIAL AND UNIQUE TO GOD! YOU ARE AN EXAMPLE OF HIS POWER AND GRACE! THERE IS NO FEAR IN THAT!!

**LET THE PAST PASS AWAY!
YOU ARE BECOMING THE PERSON GOD CREATED YOU TO BE!
YOU HAVE THE POWER TO STAND CONFIDENT
AS YOU CHOOSE TO BE FREE!!!**

WEEK SEVEN – Lesson 6

OPTIONAL SCRIPTURE READING:

2 TIMOTHY 1:7

*“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”
(New International Bible)*

PSALM.56:4

“In God, whose word I praise, in God I have put my trust; I shall not be afraid. What can mere man do to me?” (New American Standard Bible)

PERSONAL EVALUATION

1. Are others paying more attention to you because of the changes taking place in your outward appearance? In what ways?

2. How do you feel when someone comments about your appearance?

3. Are you afraid to be slender? Do you wonder what it will be like? What have you learned today that will help you deal with these fears?

THIS CONCLUDES WEEK SEVEN – LESSON SIX

MAKING YOUR EATING A PURE EXPERIENCE

Congratulations! You have proven you can live without unhealthy fats, addictive sugar and white flour for SEVEN WEEKS! You are actually starting to believe you will be slender! But, you understand very well that the battle is far from over. The thoughts and information contained in today's lesson can assist you in developing new attitudes and actions as you continue your journey to THE PERSON YOU WERE CREATED TO BE.

A major problem most overweight people have is eating too fast. Before you began this program, you may have often eaten without any real purpose. You may have eaten very rapidly, giving little or no thought to taste or need. Shortly after meals, you may have felt "full" in your stomach but empty and unsatisfied in your heart. You now eat to satisfy real physical hunger. Food tastes better to you today. You may still be eating too fast; however, looking down to see an empty plate with no real memory of what just transpired.

Studies indicate that behavior WHILE EATING is one of the most significant factors affecting body weight. Whether at home or in a restaurant, you exhibit specific behaviors while you eat that must be examined (and probably changed!) if you are to support your TRUE YOU lifestyle. At the end of this lesson you will find a comparison of common "Overeater Behaviors" vs. "TRUE YOU Behaviors." By incorporating most or all of the "TRUE YOU Behaviors" into your daily routine, you will notice an immediate change in your level of satisfaction and enjoyment when you do eat. Make a special note of the behaviors you have trouble with.

**THE TRANSFORMATION PROCESS IS TAKING PLACE!
YOUR ATTITUDE TOWARD EATING IS CHANGING!
FREEDOM FROM YOUR OLD EATING BEHAVIORS IS AT HAND!
TAKE THE TIME... SEE THE GROWTH! IT IS WORTH IT!!!**

OVEREATER BEHAVIORS

VS. TRUE YOU BEHAVIORS

- | | |
|---|---|
| 1. Eats when hunger pangs hit. Little attention paid to time since last meal. | 1. Aware that physical hunger takes four hours to happen. Recognizes difference between appetite/hunger. |
| 2. Eats meals in different places (TV, in car, etc.) | 2. Eats in same place when possible. Doesn't eat in car. |
| 3. Decides what to eat after hunger/appetite sets in. | 3. Plans meals at start of day. Tries to eat at same time each day. |
| 4. First to begin, first to finish. Watches others eat. | 4. Begins after all others have. If alone, takes time. |
| 5. Eats with "shovel" method. | 5. Puts down utensil between each bite. |
| 6. Doesn't chew completely. | 6. Chews and savors each bite. Eats crunchy foods to satisfy need to chew, especially first meal of day. |
| 7. Distracted during meal by other activities such as TV, work, reading, etc. | 7. Refrains from all other activity during eating, except socializing with family or friends. |
| 8. Food "decorates" the house. It can be found everywhere. | 8. Keeps food out of sight. Stores it where it takes some effort to get to. No food in the car "for the kids" or in the living room "for guests." |

WEEK SEVEN - Lesson 7

OPTIONAL SCRIPTURE READING:

TITUS 1:15

“To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure, but both their mind and their conscience are defiled.” (New American Standard Bible)

PSALM 30:10-12

“Hear, O Lord, and be merciful to me; O Lord, be my help. You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever.” (New International Bible)

PERSONAL EVALUATION

1. The belief that “being hungry is bad” is shared by most overeaters. How do you feel about that statement? Have your eating behaviors been affected by your belief in this statement?

2. When you have experienced real physical hunger while on the program, how have you dealt with it?

3. When you wait too long to satisfy physical hunger, you have a tendency to eat too fast and in an uncontrolled manner. Describe how you feel when you “gobble down” a meal or eat to the point of being “stuffed.”

4. What eating behavior is the most important for you to change right now? Why? How will you change it?

THIS CONCLUDES WEEK SEVEN – LESSON SEVEN