

4-Week Food Obsession Boot Camp: Week 1



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Welcome to Boot Camp



- ❧ **What we are NOT covering:**
 - ❧ Weight loss/getting lean
 - ❧ Specific foods or training protocols
 - ❧ Eating disorders
 - ❧ Counseling/hand-holding
 - ❧ Urgency

Have you ever...



... been worried that wherever you were going was not going to have enough food? Or something you could eat?

Have you ever...



... been scared to get hungry? Because you were worried about what would happen and if you'd be able to control yourself?

Have you ever...



... been stressed to travel or go on vacation because you'd be away from "your food?"

Or, alternatively, have you ever been excited to travel or go on vacation because you saw it as an excuse to be "off plan" and eat whatever you wanted?

Have you ever...



... been at a special restaurant or the movies or at an amusement park or state fair and thought, "I just HAVE to get this special treat, because when can I ever have this again?"

Or, alternatively, have you eaten something simply because that's what you do...

- ... on Christmas.**
- ... on Halloween.**
- ... at barbeques.**
- ... at weddings.**
- ... watching the football game.**

Welcome to Boot Camp



- ❧ **What is the goal of the program?**
 - ❧ Perspective
 - ❧ Mindfulness
 - ❧ #Moderation365 (same on Mondays as Saturdays)
 - ❧ Automated eating
 - ❧ Physique automation (% of focus)
 - ❧ Self-compassion/acceptance
 - ❧ New MINDSET

Why Do We Do This?



- ❧ **Why are we food-obsessed?**
 - ❧ Desire to control outcomes (the alternative is too scary!)
 - ❧ Self-doubt
 - ❧ Deferring to “experts” and rules (it’s a crutch)
 - ❧ Utility of numbers
 - ❧ Utility of negative emotions
 - ❧ Lack mindset

How Do You Change Your Mindset?



- ☞ 3 components:
 - ☞ Thoughts/awareness
 - ☞ Emotions
 - ☞ Actions
- ☞ Practice
- ☞ Self-trust

Your Relationship with Food

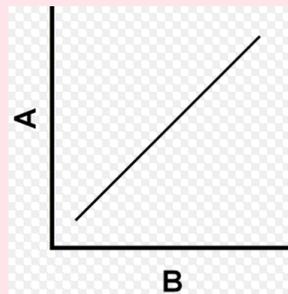


- ☞ Treat it the same as any other relationship
- ☞ **Definition of insanity**
- ☞ Take 100% responsibility
 - ☞ Situational eating
 - ☞ Influences of other people
- ☞ How do we grow and get better in all our relationships?
 - ☞ Introspecting
 - ☞ Investigating
 - ☞ Watching & adjusting over time
 - ☞ Stay or go?

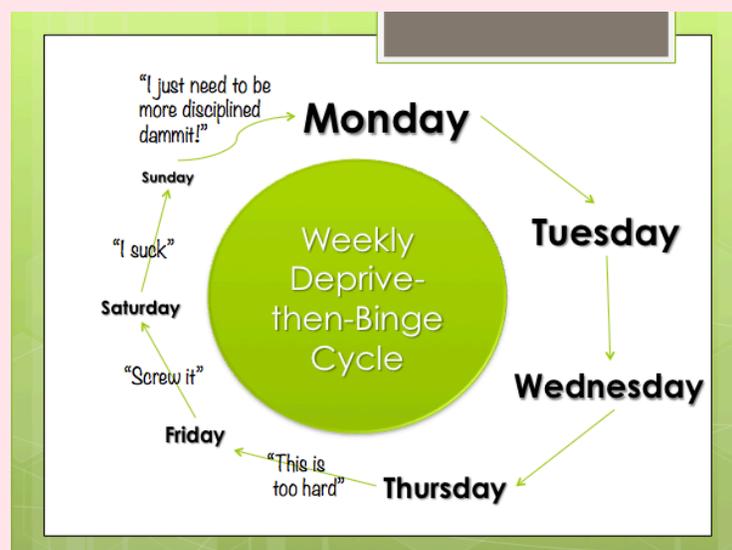
Key to Breaking Your Food Obsession



- ☞ Where you sit day to day, hour to hour on the **Deprivation<—>Indulgence Scale**
- ☞ They are directly related



Weekly Deprive-then-Binge Cycle



Key to Breaking Your Food Obsession



- ☞ Where you sit day to day, hour to hour on the **Deprivation<—>Indulgence Scale**
- ☞ Is the answer, “just be more disciplined?”
- ☞ Is the answer, “just resist more?”
- ☞ Is the answer, “just be more diligent?”
- ☞ So the goal becomes...
 - ☞ To never feel deprived!



Key to Breaking Your Food Obsession



- ☞ Where you sit day to day, hour to hour on the **Deprivation<—>Indulgence Scale**
- ☞ Willpower
- ☞ Focus is finite
 - ☞ Counting and monitoring?
 - ☞ Diet journal? MFP?
 - ☞ Choices versus decisions
- ☞ Awareness
 - ☞ Outside-focused vs. inside-focused
 - ☞ 100% ownership of YOUR process

Goal: Remove Deprivation



Where do you sit day to day, hour to hour on the **Deprivation<—>Indulgence Scale?**

- ☞ Give yourself permission to have the exact thing you're scared of having
- ☞ Learn:
 - ☞ Mindfulness
 - ☞ Practice the feeling of "abundance"
 - ☞ "It's available to me every single night!"

Goal: Remove Deprivation



Where do you sit day to day, hour to hour on the **Deprivation<—>Indulgence Scale?**

- ☞ Exercise:
 - ☞ Pick "your food" for this week
 - ☞ Intermittent Sampling
 - ☞ Watch what happens (mindfulness)
 - ☞ Record: 1-10 on DIS, qualitative emotions
- ☞ Homework:
 - ☞ Read emails every 2-3 days
 - ☞ Dedicate 10 mins/day to do exercises
 - ☞ Practice NOT going on autopilot

Questions?

