

The Diet Cycle

Self-worth based on:
Eating Habits, Shape, Weight
and your ability to control these

You **COMPENSATE** for what you have eaten. This comes in many forms; thoughts and behaviours. Restriction, exercise or "I just have to be more disciplined"



"If you lose weight, you will feel better about yourself. Life will be better..... work will be better....."

GUILT!

You feel guilty, angry, out of control, fearful, shameful etc.

"Why have I let myself down? I must be a failure"

You begin implementing strict dieting **rules** and a **strict exercise** routine. And there is no room for failure.

EMOTIONAL EATING or OVEREATING or BINGE EATING

You rebel against the rules.
"Why did I need to follow them anyway?"

Nutritional deprivation occurs.
Metabolism slows down.
Body's response is to

INCREASE HUNGER!

ALL OR NOTHING THINKING/ BLACK AND WHITE THINKING!

"I've blown the diet, now I am a failure, I might as well eat anything"

Preoccupation with food increases. You will particularly be thinking about the foods you are avoiding!

BREAK THE DIET!

Rules are broken.
It's almost impossible to eat the forbidden foods in moderation.