

The 5 Keys to Eat for Life

- 1. Eat when you are hungry.**
- 2. Eat without diversions and sitting down in a peaceful environment.** (*Diversions include television, internet, radio, telephone, newspapers, books, intense or anxiety-producing conversations or music.*)
- 3. Eat what your body wants and until you are satisfied, not full.** (*Not what you think your body wants*)
- 4. Eat without sneaking in full view of others.** (*Not underserving*)
- 5. Eat with pleasure and gratification.**

Ask Five Questions about The Keys to Eat for Life

- 1. What scares you about following this Eating Guideline?** Who would be threatened in your life if you followed this Guideline? It might be somebody in your family. Eating when you're hungry might mean eating at different times during the week than your spouse or children. How would you handle that? Could you stand behind yourself and say, "This is important to me and I need to do this!"
- 2. What would your life be like if you followed the Guideline?** Does being part of something require you to eat when not hungry? Is love or connection or contact based on you doing something to or in yourself that's not right for you?
- 3. How would your life have to change to follow this Guideline?** Would you carry food around with you? I do that, even on a plane. I make sure that I have what I want to eat so if worse comes to worse, there is something for me to eat always. You may or may not want to do that. But how would your life have to change if you only eat when you were hungry?
- 4. What relationships would change? And how would they change?**
- 5. What is the benefit of NOT following this Guideline?** How does it help you? What do you get? Do you get to keep feeling bad about yourself and therefore not recognizing yourself?