

## Is It Possible to Lose Weight ?

Sometimes recovery from eating issues involves weight loss. Sometimes it does not. Regardless, any focus on weight is a potential danger zone since a focus on weight loss can cause a return to the eating behaviors you are trying to change. If you are above your body's set point weight range, it is possible that with intuitive eating, your weight will slowly shift until you are back at your set point range. But you need to first be doing the following to heal eating issues (it does not work to try to lose weight then heal eating issues). Place a check mark next to the thoughts/behaviors that you practice on a consistent basis:

- I understand why I might be eating more than my body needs.
- I know how to keep a food journal recording food, feelings and hunger/satiety.
- I usually keep a food journal when I'm having a hard time with my food/weight.
- I am in tune with my hunger and am comfortable beginning most of my meals hungry.
- I am able to stop eating when physically satisfied, usually with no problem.
- I am able to eat almost any food without beating myself up or feeling guilty.

I almost always take action to handle feelings and situations that trigger me to eat by:

- making a choice between feeling uncomfortable or addressing the issue
- making effective changes on my own when possible
- reaching out for appropriate support from family and friends
- engaging in counseling if I see my reaction to triggers not changing

- My attitude towards my body is "if you can't be with the one you love, love the one you're with."
- I practice numerous nurturing behaviors to fill myself so that I don't need to turn to food.
- I usually know what my needs are and how to get them met by setting limits and communicating directly.
- I usually assert myself and rarely have to resort to yelling, arguing or withdrawing when feeling frustrated with others around me.
- I like my body most of the time.
- I realize when I feel fat, an issue other than weight needs to be addressed.
- I know that if I lose weight to feel better, that 'feeling better' is almost always transient since it is not the weight loss that makes me feel better, but what I think about the weight loss. I can feel better right now by changing the way I think.
- I have changed the way I think and feel content with myself most of the time.

If you are consistently practicing the behaviors above, some weight loss may be possible. Make note of any thoughts/behaviors that you are not able to do consistently and make them a priority. You may want to enlist the help of a professional. Remember, never diet, it is the quickest prescription to weight gain.