

Keep the Change

Continue your journey of change one step at a time. Expect some backsliding along the way, but keep moving forward with realistic goals.

Did you sample any of the change strategies?

What did you like, or dislike, about the strategies that you tried?

You are not alone . . .

I tried riding the craving wave a couple of times in my mind while I delayed eating a snack. I could actually feel the urge to eat subsiding with the wave. It helped to move away from the kitchen while I waited out the craving.

Writing down everything I ate was difficult for me. Sometimes I felt embarrassed when I looked at all the food I had written down. After awhile it made me stop to think before I would eat. I think I ended up eating less.

I get tempted by the treats that are always being brought into work. Before if I wanted a break, I would go and get something to snack on. Now I keep a book of jokes and funny quotes in my desk and read a couple of pages to distract me if I get the urge to snack.

Tips for a Healthier, Lasting Relationship with Food

You have now learned many different techniques and strategies to help you change your thinking, feelings and behaviours. These strategies will help you manage your problematic eating triggers and respond differently when they challenge you. You have had your unique eating habits and relationship with food for many, many years and it will take time to change.

It can be very helpful at this point to give yourself time to try some of the techniques and work on learning the skills offered in the Change Buffet. Remember to work on changing your eating behaviours one step at a time. Be patient. Give yourself enough time to try a strategy and then evaluate how it worked for you. Ask yourself if it would help if you modified the strategy. Celebrate even the smallest step toward change. Do NOT aim for perfection or an “instant cure”!

Now let's discuss how to keep moving forward with your changes despite the occasional slip backward. And finally, learn the secret to success – realistic goal setting.