
BONUS RESOURCE: FUCK IT FOODS WORKSHEET

You can use this worksheet as a way to get to know the foods you at times feel as if you have no control over when eating. Be sure to do this exercise alone, at a table, and in the quiet. No distractions.

STEP ONE: PICK A FOOD YOU REALLY LIKE.

STEP TWO: SIT AT A TABLE ALONE AND USE THIS WORKSHEET TO ANSWER QUESTIONS.

Name of food:

Quantity you want to eat:

Evaluate your doable hunger...are you hungry, satisfied, in between:

Describe the food in detail (look, smell, texture, color, etc.):

Your thought before eating the food:

Your feeling before eating the food:



STEP THREE: START EATING

Take a bite, stop eating, describe in detail. Pause for 30 seconds after you describe the food before the next bite. You can stop eating whenever you choose. Once you stop, move ahead to step four.

Describe bite 1 in detail:

Describe bite 2 in detail:

Describe bite 3 in detail:

Describe bite 4 in detail:

Describe bite 5 in detail:

Is the taste and texture changing in any way? If so, how?

Describe bite 6 in detail:

Describe bite 7 in detail:

Describe bite 8 in detail:

Describe bite 9 in detail:

Describe bite 10 in detail:



STEP FOUR: AFTER EATING REFLECTION

After you choose to stop eating, answer the following questions.

Did the experience with the food change at all (taste, texture)? If so, how?

Did you notice a difference eating it this way? What did you notice?

We often think we can't control certain foods. Imagine if you ate those foods this deliberately every time. Would you have more control or less control? Why?

Why did you stop eating?

How does your body feel after eating this?

What I learned most from eating this way was...

