

THE CHOOSING "Y"

"Change the Body" Game

Restrict food/Diet
Get on the scale
Exercise compulsively
Count calories
Binge
Purge

The Solution

Self care
Wait it out
Look for support
Problem solve

You have
a choice

I feel uncomfortable

Something happens,
a thought or feeling
arises and
it is immediately translated
to the language
of food and body:
I feel fat
I'm "hungry"