

# Food Freedom Lists



## NEGATIVE

## POSITIVE

Think about your relationship with food. Identify the set backs, the triggers, and the negative self talk that you repeat. What are the grievances, disrespects, & bad breaks that causes stress and lead to binges or mistreatment of your body with food. What are the negative feelings that contribute? What are the foods that you restrict? What are the foods that make you feel guilt and shame?

Think about the relationship with food and your body that you want. Who supports you and is there for you? What types of things do you say and feel about yourself and your body? Write out postive affirmations that you need to hear about yourself. How do you want to feel each day? What is one thing you could do every day to improve your relationship with food? What do you love about your body? What do you love about your life? What does it feel like fuel yout body with nourishing food? How does it feel to have no food off limits?