



Eating with Grace™

making peace with food, weight & body image issues

DECEMBER 2010 NEWSLETTER

HOW to make and sustain real changes that come from the inside:

Honesty Openmindedness Willingness

12-step program saying

Eating with Grace FALL/WINTER 2010 SCHEDULE

stay tuned!!
mindful eating group
coming to Burlington!

**BURLINGTON BASIC
GROUP & ONGOING
GROUPS:**

**NEXT ROUND START:
JAN/FEB 2011**

(you can get a head-start! call
now for a free consult!)

WEB-BASED SERVICES:

- consultations
- email support
- telephone/Skype support
- coaching
- referrals

*and now offering clinical
hypnotherapy in person and
online*

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MAY YOU BE HAPPY

In last night's Ongoing Group, the discussion turned to Red Light foods, people, places, things, times of day -- that is, any thing or situation which 98 out of 100% of the time gets you into Big Trouble. You eat that food, sooner or later you are out of control with that food or with food in general. You spend time with that person, and sooner or later you feel terrible or do or say something you really regret. You go there and sooner or later you lose control of yourself. And so on!

In *Eating with Grace*, we understand that you are the unique authority on what works and doesn't work for you. This means you study yourself! Red Light items are a great self-study, and can lead you back to the place where you actually have some control over your food choices and actually behave in the way you intended to behave. Fantastic!

Case example: In Wendy's study of Red Lights, she suspected eating sugar provoked her binges, and she knew that eating sugary treats when she was very tired definitely led to a binge, 98 out of 100 times. That was Today's **Honesty** (the only Honesty you have is Today's Honesty, which is NOT the honesty that your Inner Critic or Perfectionist thinks you SHOULD have). She practiced **Openmindedness** by allowing that it could be possible that ALL sugar was Red Light for her, but she didn't know, and so she was **Willing** to experiment. She committed to a Doable (definition: what you are actually ABLE to do, not what you think you SHOULD be able to do, combined with a commitment to practice loving self-talk in your experiment). The Doable: she'd keep notes on what happened when she ate sugar for one week, and talk about it in group and to me, her individual therapist.

Wendy ended up taking 6 weeks to do this particular experiment. She had lots of feelings and reactions to the hard evidence that most of the time, sugar triggered compulsive overeating for her. She was able, with support, to feel and be kind to those feelings, and tap into her Inner Wisdom and Loving Best Friend place, which helped her, very creatively and uniquely (remember, this is her unique work, not a prescription!), to create a new experimental Doable. She is now committed to dialoging inside with herself (pausing, breathing, reflecting) BEFORE she reaches for a sugary treat, and for the most part she is able to MAKE A CONSCIOUS CHOICE about whether she will eat it or not. She is also committed to chewing the treat as mindfully as she can, slowing down her eating. This is her HOW, just for today.

So here we are at the darkest time of year, when sugary treats abound, and Red Light foods, people, places and things trigger behaviors we regret. You can begin to take some notes, mentally or actually, on the people, places, things that trigger behaviors that you end up regretting. Just noticing. And adding the spice of LovingKindness to the noticing: how would a loving best friend talk to you about what happened? What kind of encouragement would that Friend offer? Write that down too. Put it on a Post-It note and read it sometimes.

When we line up with our Honesty, we feel Integrity. When we're Openminded, we grow. When we're Willing, we go beyond our own sense of what's possible for us and Grace (or whatever you want to call the Magic) leads us into courage and strength and possibilities that are aligned with our Integrity.

This is the holiday gift I wish for you. Take very good care, Anya