


The Sweet Middle Path

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Objectives

- Name the four parts of eating competency.
- Identify three mistakes people make when trying to change behaviors.
- Describe self-compassion.

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Recognize Shame

“Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.”

-Brené Brown

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Shame Fuels Unsustainable Action

- Attempts at behavior change that are rooted in shame don't stick.
- Interventions rooted in shame also don't stick.

“Body loathing and shame are associated with reduced engagement in self-care.”

Tylka et al., Journal of Obesity, 2014

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Acknowledge shame

- We all have it.
- We are often afraid to talk about it.
- The less we talk about it, the more control it has over our lives and decisions.
- We hustle for worthiness when we are coming from shame.

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Shame Kryptonite

- Self-compassion (Kristen Neff's work)
- Empathy

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Self-Compassion

- Extending compassion to the self for one's failings, inadequacies and experiences of suffering
- A type of open-heartedness related to compassion for others




Components of Self-Compassion

1. *Mindfulness*: notice when suffering is happening
2. *Common humanity*: recognize that suffering is part of the shared human experience
3. *Self-Kindness*: respond with feelings of care and concern



If you woke up tomorrow and lived in a weight-inclusive, body positive world, what would you want to do to care for yourself? What would you do more of? Less of?



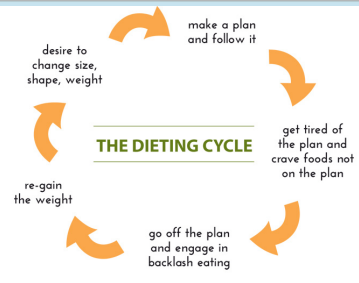
What is Diet Culture?

- Begins in childhood
- Normalization of calorie-counting, food-associated shame and bingeing (holidays) followed by restriction
- Valorization of weight loss
- Body size is good/bad, moral/immoral
- Cooption of food (diet) and movement (exercise)
- Weight loss as a part of assimilation into hetero-normative, white society with expectations of bootstrapping
- A low (described as normal) weight is an ongoing and expected goal

Source: Virgie Tovar




Rigidity and Perfectionism



THE DIETING CYCLE

- make a plan and follow it
- get tired of the plan and crave foods not on the plan
- go off the plan and engage in backlash eating
- re-gain the weight
- desire to change size, shape, weight



Eating/food choices

Diet	Non-Diet
<ul style="list-style-type: none"> • Do I deserve it? • If I eat a heavy food, I try to find a way to make up for it. • I feel guilty when I eat heavy foods. • I usually describe a day of eating as good or bad. • I view food as the enemy. 	<ul style="list-style-type: none"> • Am I hungry? • Do I want it? • Will I be deprived if I don't eat it? • Will it be satisfying? • Does it taste good? • I deserve to enjoy eating without guilt.

Intuitive Eating by Tribole and Resch



Exercise benefits




Diet	Non-diet
<ul style="list-style-type: none"> I focus primarily on calories burned. I feel guilty if I miss a designated exercise day. 	<ul style="list-style-type: none"> I focus primarily on how exercise makes me feel, especially the energizing and stress-relieving factors.

Intuitive Eating by Tribole and Resch

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View of Progress



Diet	Non-diet
<ul style="list-style-type: none"> How many pounds did I lose? How do I look? What do other people think of my weight? I have good willpower. 	<ul style="list-style-type: none"> Rather than being concerned with my weight, I trust that my weight will normalize when I am attuned to my internal eating signals. My weight is not my primary goal or an indicator of my progress. I have increased trust with food. I am able to let go of "eating indiscretions." I recognize inner body cues.

Intuitive Eating by Tribole and Resch

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Body Trust® Wellness




Core Competencies

- Practice weight-neutral self-care
- Eat intuitively
- Move your body joyfully
- Nurture self-compassion
- Redefine success

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What is Normal Eating?



"Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life. In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food, and your feelings." – Ellyn Satter

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What is Eating Competency?



"Competent eaters are confident, comfortable, and flexible with eating, and are matter-of-fact and reliable about getting enough to eat of enjoyable and nourishing food."

- Ellyn Satter

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Questions about Eating Competency



- Do you **feel good** about food and eating—and feel good about feeling good?
- Do you **like a variety** of food and enjoy learning to like new food?
- Do you trust yourself to **eat enough for you**?
- Do you **take time to eat**? To have regular meals (and snacks) and pay attention when you eat?

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Gentle Nutrition



- If eating healthfully is a pleasurable experience and makes you feel better, you are more likely to continue honoring your health with your food choices.
- You don't need to eat a perfect diet to be healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating.
- It is what you eat consistently over time that matters.

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Top 10 Mistakes in Behavior Change



- Relying on willpower.
- Attempting big leaps instead of baby steps.
- Ignoring how environment shapes behavior.
- Trying to stop old behaviors instead of creating new ones.
- Blaming failures on lack of motivation. Solution: Make the behavior easier to do.

- BJ Fogg, Stanford University
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Top 10 Mistakes in Behavior Change



- Underestimating the power of triggers.
- Believing that information leads to action.
- Focusing on abstract goals more than concrete behaviors.
- Seeking to change a behavior forever, not for a short time.
- Assuming that behavior change is difficult.

- BJ Fogg, Stanford University
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Top Three Takeaways



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Be Nourished Resources



Clients

- Workbook: Free to newsletter subscribers
- E-Course: No More Weighting
- Retreat: Reclaiming Body Trust®

Providers

- The Embodied Practitioner
- E-course: Promoting Body Trust in Clinical Practice
- Training to become a Certified Body Trust Provider
- Bi-monthly Newsletter

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THANK YOU!



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