

Six Questions, Food and You

By asking ourselves the six questions, we position ourselves to gather the information that we need to change our situation. Following is a list of the questions, which you can use to outline your thoughts concerning your behaviour. Simply fill in the blanks.

The questions to ask yourself are:

Who: Are there people whose presence encourages you directly or indirectly to eat badly? What Action Steps might you take to eliminate or neutralize their effects?

What: Are there specific foods that you have trouble resisting? What Action Steps might you take to eliminate or neutralize their impact?

Where: Are there specific places / experiences that create problems for you? What Action Steps might you take to eliminate or neutralize their impact?

When: Are there specific times that create problems for you? Is it just the time or is it linked to other factors? What Action Steps might you take to eliminate or neutralize their impact?

How Much: Are there any additional strategies that you might use to manage the amounts that you eat under your responses to the first four questions? What Action Steps might you take on any additional strategies?

Why: What do you think might be the underlying reasons driving your “unwanted” behaviour? Are you unhappy, bored, frustrated, angry, depressed or discouraged? Or could it be the result of some undiagnosed medical condition or reaction to a medication that you are taking? What Action Steps might you take to eliminate or neutralize their impact?

By responding to these six questions as they relate to your eating behaviour, clues might be provided as to where the problems or pitfalls might lie for you.

Who:

What:

Where:

When:

How Much:

Why:
