Getting Honest About Your Food and Weight

Without a precise and honest ***plan of eating*** we waste endless hours arguing with ourselves and, ultimately, giving in to our own lie that we can have just one bite and stop. Likewise, unless we consider quantity, we may not reach a healthy body weight, which is part of the definition of abstinence in OA.

One way to begin is by looking at everything you consume. Construct a three-column list of all the foods you commonly eat. Be very specific. Don’t say vegetable – name the specific vegetable and how it's prepared. Don’t say protein – name the specific protein such as steak or chicken or fish and how they are commonly prepared. Don’t say sugar or candy – say the specific candy bar, ice cream, donut, cake or junk food. Include condiments, table sugar, sugar substitutes, salt. Leave nothing out that you eat or drink.

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| **Column A** | **Column B** | **Column C** |
| Foods that you know in your heart of hearts are triggers for you; foods that you often eat too much of; foods that you NEVER have just one of; foods that you consciously or unconsciously turn to when your feelings are particularly unpleasant OR pleasant; foods that call to you; comfort foods. | Foods that may not be, but sometimes might be, a problem. | Foods that clearly are not a problem for you;foods that you can take or leave;foods that are clearly not comfort foods:Foods that more often than not, you don’t overeat them. |