



Feel Great About Your Body & Yourself Every Day!

Alice Greene
America's Healthy Lifestyle Coach

5 Secrets to Stop Eating Sweets

1

Gain Awareness of When You Eat Sweets, So You Can Stop

If you are not paying attention to what you are doing or how you feel, you can't stop
Notice if you are eating sweets because you are hungry or for some other reason.
See if the sweets or sugary foods really satisfy you.
How do you feel after you eat them? Do you really feel better?

2

Don't Judge Yourself for Eating Sweets

When you judge yourself or feel judged, you will want to eat even more sweets.
Be neutral as you observe the way you behave when you are around sweets.
Don't assume the worst about yourself.
Assume there is a good reason when you want or can't stop eating sweets

3

Become Curious About Why You Are Driven to Eat Sweets

There are 8 possible reasons you might be eating sweets in a way that is unhealthy.
Which of the 8 reasons might it be?
Can you be more specific?
Do the reasons change for different situations?

4

Understand Your Pattern with Sweets

You may notice there is a pattern to when or why you eat sweets.
Do you reach for sweets or sugary foods at a certain time of day?
Do you want sweets after something specific happens?
Do you binge or get obsessed by sweets when something triggers you?

5

Create Strategies to Support a Healthier Approach to Sweets

Consider things you can do that will help you to be in control with sweets.
Give yourself permission to have a small treat periodically so you aren't deprived.
Find ways to limit how many sweets are around you.
Only eat sweets that are your absolute favorite – be choosy.

Come up with other strategies that don't deprive you but help you eat in moderation.



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What do you think some of the reasons might be that you are unable to stop eating sweets?


