



## Feel Great About Your Body & Yourself Every Day!

Alice Greene  
America's Healthy Lifestyle Coach

### 5 Secrets to Stop Night Eating

1

#### **Gain Awareness of When You Keep Eating at Night, So You Can Stop**

If you are not paying attention as you continue eating at night, you can't stop.  
Notice when you have had enough. How do you know?  
What does the food taste like that you are eating? Have you noticed?  
Do you really want more food?

2

#### **Don't Judge Yourself for Night Time Eating**

When you judge yourself or feel judged, you will want to eat even more food.  
Be neutral as you observe yourself eating, even if you are full.  
Don't assume the worst about yourself.  
Assume there is a good reason why you aren't able to stop.

3

#### **Become Curious About Why You Are Eating So Much**

There are 8 possible reasons for eating when you don't need more food.  
Which of the 8 reasons might it be?  
Can you be more specific?  
Do the reasons change on different nights?

4

#### **Understand Your Pattern with Night Eating**

You may notice there is a pattern to those times you keep eating at night.  
Does it happen more often when you are alone or with others?  
Does it depend on how much or what you had earlier in the day?  
Do you do a lot of night eating when certain things happen or don't happen?

5

#### **Create Strategies to Support Yourself in Eating Less at Night**

Consider things you can do that will help you stop eating food you don't need at night.  
Create designated places to sit down to eat, instead in front of the TV or computer.  
Start with small portions and put the rest away. You can always get another small portion.  
Watch for other reasons you want to eat, and address those without turning to food.

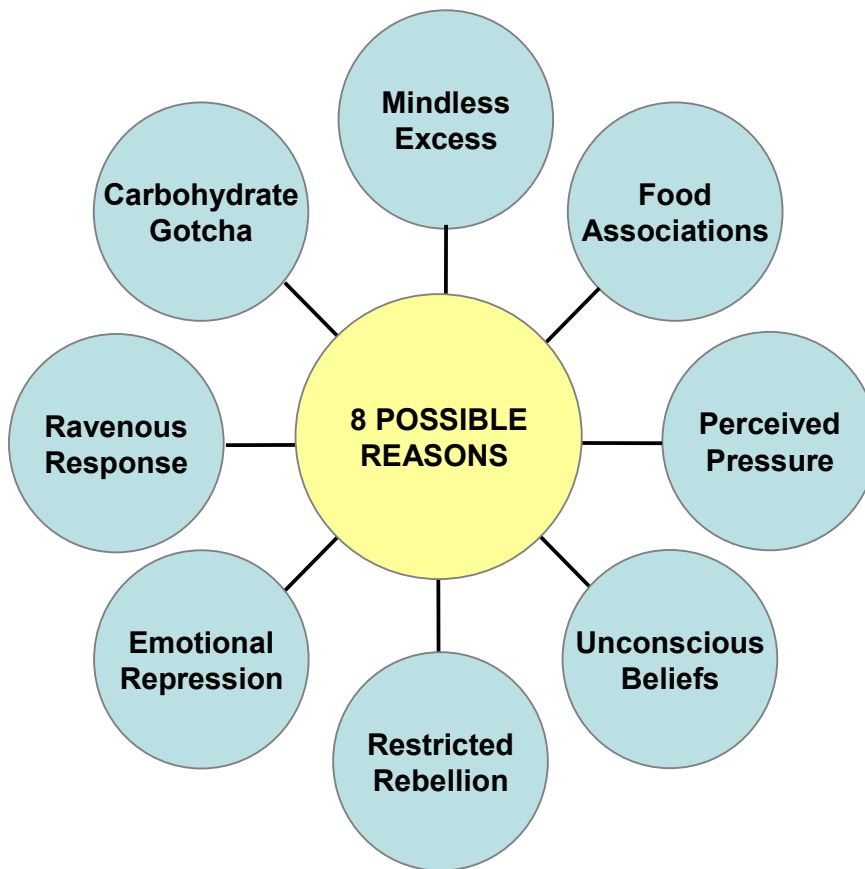
Come up with other strategies, so you are more in control of your eating at night.



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What do you think some of the reasons might be for eating at night?



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