



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

Alice Greene  
America's Healthy Lifestyle Coach

### 5 Secrets to Stop Overeating

1

#### **Gain Awareness of When You Start to Start to Get Full**

If you are not paying attention to when you are no longer hungry, you won't stop eating.  
Notice when it is that you start to become full.  
What does that feel like to you?  
When does it change from being no longer hungry to shifting into full?

2

#### **Don't Judge Yourself for Overeating**

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 starting to get 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 when you are at home or when you are out?

4

#### **Understand Your Pattern with Overeating**

You may notice there is a pattern to those times you overeat.  
Do you overeat during the day or at night, during the week or on weekends?  
Do you eat too much when you are having certain kinds of food?  
Is something triggering your need for more food?

5

#### **Create Strategies to Support Yourself in Managing Your Portions**

Consider things you can do that will help you stop overeating and manage your portions.  
Start with smaller portions or eat with smaller dishware and then see if you need more.  
Put food away, so you aren't tempted to have a bit more because it is there.  
Eat foods that satisfy you, so you don't keep eating to chase the need for satisfaction.

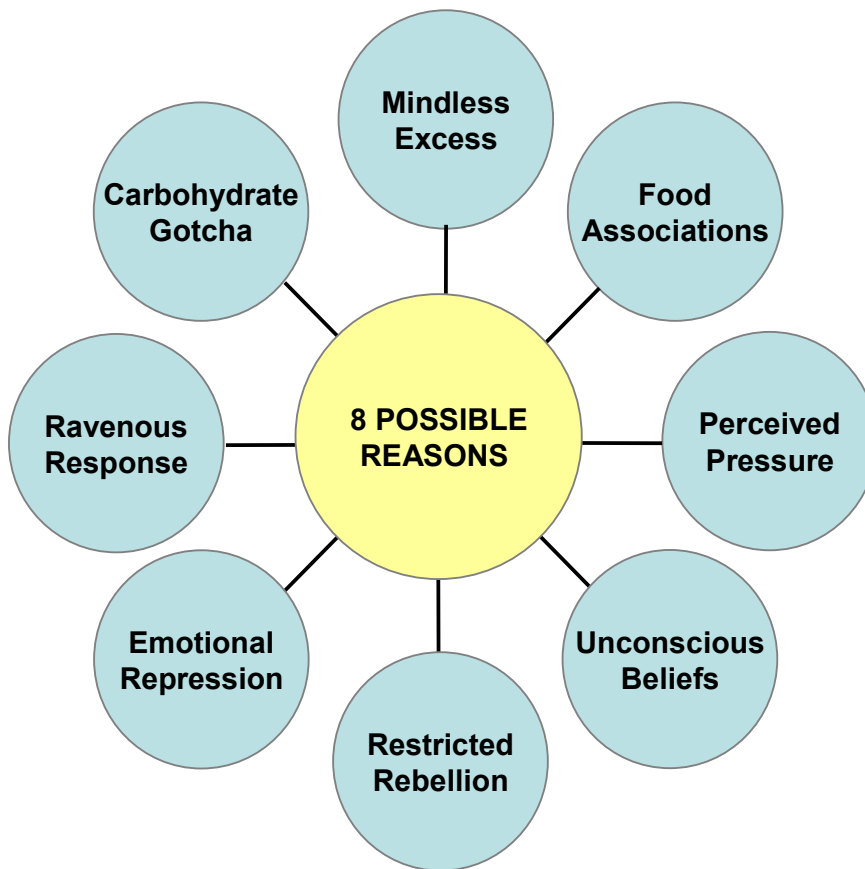
Come up with other strategies, so you are more in control when you eat.



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What do you think some of the reasons might be for overeating?



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