

The Guilt That Comes After Eating

For the hour after a meal when guilt turns up and starts talking.

WHEN TO USE THIS

Use this soon after eating, while the feeling is still there.

What is the guilt saying to you right now?

How loud is it?

0	1	2	3	4	5	6	7	8	9	10
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Barely there

Taking over the evening

How long does this usually last, and what makes it ease off?

What do you usually do with the feeling?

- ☐ Plan to make up for it later
- ☐ Go quiet and pull away
- ☐ Get busy so I stop thinking
- ☐ Tell someone
- ☐ Go back over what I ate
- ☐ Wait it out
- ☐ Something else

What could you do for the next ten minutes instead?

Something with your hands, or somewhere else in the house.

Eating is not something to feel guilty about. The feeling still comes, and it still passes.