

SESSION TEN: HOME PRACTICE
Breaking the Chain, Connecting to the Higher Self,
and Moving Forward

**“The teacher who is indeed wise does not bid you to enter the house of his wisdom
but rather leads you to the threshold of your mind.”**

~ Kahlil Gibran

THEMES

You’ve come a long way since you began this program almost 3 months ago. It is important to remember that mindful eating doesn’t mean ‘perfect’ eating – because there is no such thing. Rather it means learning to be flexible, using food for both enjoyment and health, and listening to your own inner wisdom about how to make choices about what to eat, when to eat, and how much to eat. You are learning to listen as much or more to your ‘inner gourmet’, as to your ‘inner critic’.

- Over the next month, continue to experiment with trying out new foods, new experiences, and new patterns. Look at challenging situations as something to learn from – even if they feel difficult at the time.
- You may also find that as you become more comfortable with eating and food choices, you actually are freeing up thought and energy for other parts of your life that are important to you, as you leave behind some of the struggle with eating and weight.

ONGOING PRACTICES

1. Mindful Meditation

Try practicing meditating every day. Try several times to meditate for 20-25 minutes without the audio file, and for 30 minutes at least once or twice, with or without an audio file.. Also remember you can use any of the other audio files.

2. Mindful Eating

- a. Continue to use mini-meditations before snacks and meals, as well as other times throughout your day.
- b. Try to eat every meal and snack mindfully. Keep in mind that even if you aren’t fully mindful of every bite, you can still be mindful of your hunger, what you choose to eat, and how you decide you’ve had ‘enough’!

3. Moving Forward – Continue Exploring

- a. Refer back to your plans for both eating and exercise as outlined in the KEEP IN BALANCE every few days. Bring in your KEEP IN BALANCE if you wish, to the next session (in a month).
- b. Use journaling to note down experiences of wisdom, of connection with the higher or wiser self, to share with the group in a month.
- c. Also use journaling to note down any positive ways in which you have more time or energy to put into other important parts of your life, other than related to eating, food, or weight, now that you are more able to let go of the struggle with your eating.

4. Group Support

If you wish, contact other group members for support. Together and individually, you have gone through a special and unique experience and may find that others from the group can help if you feel that you are “slipping.”

5. Outer Wisdom

- a. Continue to explore new quality foods you would like to have in your diet through the Quality over Quantity Challenge worksheet, adjust choices, meal pattern timing or amounts as needed for your optimal well-being throughout each week. Try a new main dish or healthy snack.
- b. **Optional** If ever or when helpful, continue to explore/inform yourself of the food energy values, and/or macronutrients and ingredients of foods you are choosing to eat, particularly any new foods, processed foods – dessert or snack foods. Continue to look for surprises!
- c. Notice which aspects of outer and inner wisdom were most helpful to you to making sustainable meaningful changes in your diet and which will help continue to support you in joyful, pleasurable, healthful and satisfying eating and a more balanced, peaceful, struggle-free relationship with food.
- d. Continue to seek out and consider new opportunities for physical activity. You may continue to use the pedometer (and the Step Log) if you wish.

4. Daily Practice Tracking Sheet and Step Logs

Use the Daily Practice Tracking Sheet and Step Logs as you wish

TO REMEMBER:

1. Use journaling as you wish to reflect on both challenges and growth.
2. Keep in mind that challenges reflect opportunities!

Meditation Record - 1

Name: _____

Date:

Week:

Date/Day	Time: From ___ to ___	Comments
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	
	From ___ to ___	

Other Comments/Thoughts:

Name _____

Date _____

Keep In Balance® Questionnaire

Directions: For each of the 40 items, please indicate how often you engaged in this activity or experienced these thoughts or feelings in the last week. Place a check in the column that best applies, using the scale below. For the items that are not relevant to you, place a check in the column labeled NA for "not applicable."

1 = never in the last week

3 = several times in the last week

5 = several times a day

2 = at least once in the last week

4 = once a day

NA = not applicable

	Item	1	2	3	4	5	N A
1.	I left food on my plate or discarded part of my snack.						
2.	I refused or did not take a second helping.						
3.	I ate food directly from the refrigerator/container (box, bag, bowl, etc.).						
4.	I considered the calories of what I am choosing to eat with a sense of curiosity instead of guilt.						
5.	I put away (or moved away from) tempting food which I knew I didn't want to eat.						
6.	I chose high quality/nutritious snacks to buy at the supermarket.						
7.	I avoided buying foods at the supermarket that I tend to overeat.						
8.	I noticed feelings in my stomach and body telling me how physically hungry I was.						
9.	I waited to eat until I felt physically hungry enough.						
10.	I stopped eating when I began to feel comfortably full.						
11.	I ate to the point of feeling uncomfortably full.						
12.	I stopped eating when I noticed I wasn't tasting the foods as much.						
13.	I ate slowly, mindfully experiencing each bite of what I was eating.						
14.	I stopped eating something because the pleasure of the taste went away.						
15.	I stopped eating something because it tasted unpleasantly sweet, greasy or rich.						
16.	I made up for over-eating earlier in the day by eating less later.						
17.	I ate something tempting, rationalizing by thinking, "I deserve this."						
18.	I ate something rich and then kept on because "I'd already blown it."						

1 = never in the last week
2 = at least once in the last week

3 = several times in the last week
4 = once a day

5 = several times a day
NA = not applicable

	Item	1	2	3	4	5	N A
19.	I overate after feeling "I just don't care."						
20.	I refused a tempting food, saying to myself, "I can always have it some other time."						
21.	I ate something tempting thinking "Just this once won't matter."						
22.	I overate after feeling upset about something.						
23.	I ate because I was putting off doing something else (procrastinating).						
24.	I ate because I felt like celebrating something.						
25.	I ate just because I was bored.						
26.	Even though I was upset, I allowed myself to have a small portion of a tempting food and didn't overeat.						
27.	I ate something I like very much without eating too much of it.						
28.	I let myself really enjoy and savor all the flavor and textures in a meal.						
29.	I had a "treat" without over-eating.						
30.	I refused food which someone else offered me.						
31.	I ate to a comfortable level at a social gathering.						
32.	I consciously chose the food I would eat at a party.						
33.	I ate a meal at a buffet without over-eating.						
34.	I took the stairs instead of an elevator.						
35.	I parked farther away from where I was going than necessary.						
36.	I walked actively for at least 10 minutes.						
37.	I walked actively for at least 20 minutes.						
38.	I engaged in aerobic exercise (walking, biking) for at least 10 minutes.						
39.	I engaged in aerobic exercise for at least 20 minutes.						

40.	I was active on my feet for at least 30 minutes (gardening, cleaning, or other chores involving lifting or bending).						
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