# Managing Urges to Eat

Weak Urges Moderate Urges Strong Urges

1 2 3 4 5 6 7

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| * Try to distract * Get rid of tempting food or leave the environment | * Try to distract * “Urge Surf” | * Don’t fight with it! * Acknowledge it. Make a conscious decision to eat. * Eat mindfully. Enjoy! * Notice the point of diminishing returns. |

# AAT Skills

* Conscious Decisions (CD): Just like it sounds…making a conscious decision to eat instead of just eating mindlessly. With this skill, you practice making the *choice* to eat.
  + CDs also bring back more power and control.
* Anti-Deprivation Eating (ADE): When you make a CD to enjoy some sort of food, even though you aren’t *that* hungry. It’s allowing yourself a reasonable amount of a certain food you are wanting…so you won’t feel deprived later on and end up *over*eating the food.
  + This is NOT an excuse to get stuffed! In fact, the purpose of ADEs is to keep you from setting yourself up to overindulge in the future!
* Rating Foods as “Worth It” or “Not Worth It”
* Effective Emotional Eating (EEE): All people eat for emotional reasons at time; this is part of “normal” eating. However, when you eat for emotional reasons, you want to do it effectively. Here’s how it works: 1) you make a CD to eat for emotional reasons, and 2) you stay tuned into your stomach as you so you can notice the point of diminishing returns When you do feel better after eating, you have been effective. Anytime you end up feeling worse after you ate,

then it wasn’t effective emotional eating.

* + You are not practicing EEE when you use emotions as an excuse to get stuffed or when your eating has a “What the Heck” quality to it.
* Point of Diminishing Returns: This is when you stay tuned in to the food, and notice when it no longer tastes as good or feels as good. When you reach the point of diminishing returns, food is really not working so well for you so you need to change strategies.