



The Receptive Eater

How To Know If You're In It

- You've had days/weeks of being consistent with your eating and your meals
- You are ready to dive deeper into the "listening" of your body
- You don't feel as tempted to diet
- You have been allowing some foods that used to be forbidden
- You're feeling a bit freer around food

What To Expect Emotionally

- Everything feels like it's taking a long time (inner change IS happening!)
- You are curious as to what all of this "listening to your body" stuff is and if it can work for you
- You'll feel excited about a day or two going by and the realization that you haven't thought about food...
- You feel afraid of listening to and trusting your body
- You'll second guess yourself and wonder if you're hearing your body signals "correctly"

What To Focus On In This Stage

- Listening to hunger signals and learning the hunger scale
- Checking in with yourself before and after you eat
- Redefining fullness
- Letting go of the diet mindset
- Mindful eating: slowing down and being aware of tastes, textures and flavors
- Dealing with triggering situations and people

Benchmarks To Hit Before Moving To Stage 3

You're checking in with your body before and after you eat at least 1x a day

You're getting consistent feedback about what agrees with your body, what foods energize you and what works for YOU

You are adept at recognizing hunger and fullness signals and use it daily

You aren't dieting