



The Attuned Eater

How To Know If You're In It

- You feel confident in how you need to structure your day food-wise to feel balanced
- You know when you're hungry and when you feel full
- You are beginning to see that your body IS talking to you all the time
- You realize you've let yourself have "forbidden foods" more and more
- You're tempted to use the scale regularly to see if you've made "progress"

What To Expect Emotionally

- You feel like you're getting the hang of the food thing, but emotionally you still struggle
- You're slightly overwhelmed with how much "work" it takes to eat normally
- Control issues rear their ugly heads and you may fight with trusting your body fully
- You still want to lose weight (but are trying not to focus on it)

What To Focus On In This Stage

- Identifying what role overeating/binging plays in your life
- Tuning even more deeply into your body
- Experimenting with breaking more of your food rules
- Allowing yourself foods that bring you pleasure
- Making sure you have time during your day for reflection/quiet

Benchmarks To Hit Before Moving To Stage 4

You are allowing and giving yourself permission to “eat what you want” on a regular basis

You are bingeing less and less and find that food doesn't do what you want it to do (take away pain, numb out, etc)

You've identified the need that overeating fills and are working towards getting those needs met

You know what a satisfying meal feels like and you feel satisfaction regularly