

# RELATIONSHIP WITH FOOD

**A good relationship with food involves having unconditional permission to eat the foods that make you feel good physically and mentally. No foods are off-limits, and you feel no guilt upon eating foods that are typically labeled "good" or "bad".**

## **Negative Relationships with Food**

- You feel guilty about eating
- You avoid or restrict foods that are "bad" for you
- You have developed a long list of rules surrounding the foods you can and cannot eat
- You rely on calorie counters or apps to tell you when you're done eating for the day
- You ignore your body's natural hunger clues
- You have a history of yo-yo dieting or following the latest diet fads
- You feel immense stress and anxiety when eating in social settings due to fear of what others may think of your food choices

## **Positive Relationships with Food**

- You give yourself unconditional permission to eat the foods you enjoy
- You listen and respect your body's natural hunger cues
- You eat when you're hungry and stop when you're full
- No foods are off-limits
- You don't obsess over the number on the scale
- You don't let the opinions of others dictate which foods you eat
- You don't feel the need to justify your food choices
- You understand that you're not defined by the foods you eat

## **The Importance of Identifying Your Values**

A good relationship with food involves welcoming all foods in moderation, eating foods that you enjoy, not allowing food to control your life, and knowing that the foods you eat do not define your value as a person. Developing a good relationship with food takes time, patience, and kindness toward yourself. Allow yourself to navigate this journey without judgment, and take it day by day.

**To learn more about relationships with food, tune into the monthly Strive webinar.**

**Wednesday, March 29, 2023, 12:00-12:30 PM EST**  
**<https://info.kapnick.com/strive-library>**

