



Journal Prompts: Unearth Your Food & Body Story

How to Use These Prompts



Our goal with these inquiries is to help you see how our stories - not willpower or discipline - determine if we're in or out of control with food.

These journal prompts are meant to encourage nuanced, individualized realizations by deconstructing the psychological weight you bring to your food and exercise choices based on our socialization (or as some clients call it, brainwashing).

Clarity is an incredible healing tool because we discover our biggest food and body challenges, like bingeing or bad body image, aren't who we are but rather symptoms that we can address.

For example, being all-or-nothing with eating and exercise is a pattern and symptom, not a personality weakness or trait. Once we can name our patterns, we realize we aren't who we thought we are around food - and space opens up for seeing differently, possibility and transformational change.

Take your time. You'll have realizations during and after. Trust your timing.

Our stories and patterns are nuanced, deserve to be treated with care, and have served us in many ways. And if you're here, you probably feel you've outgrown them and want to rewrite your story.

Food is personal, powerful and a doorway into our most vulnerable needs, wants and dreams. This can feel "a lot" when you first start - take your time.

And know I have plenty of resources to support you as you peel back the layers.

Be well,
Ali



P.S. To see my answers to a few of these questions & how our socialization influences our stories around "exercise that counts" and "feeling fat", check out my webinar: Lies My Health & Wellness Teacher Told Me.

Journal Prompts: Begin to Unearth Your Food & Body Story

How was food handled in your home growing up?

What constructed your ideas of good and bad food (i.e. parents, peers, media)?

What do you think it says about you when you're "good" with your eating?

What do you think it says about you when you're "bad" with your eating?

How does the critical and harsh judgement of the "bad eating" part of you influence your eating? Exercising?

What are healthier, more supportive ways you can relate to this "bad eating" part of you?

Where do you feel unsafe - physically or psychologically (i.e. where in life are you afraid to take manageable risks)?

What would you do if your weight were not a consideration? (h/t to Jessica Ivins for this question) For example, what would you do after over-indulging? Or how would you choose to move your body? What risks what you take?

What new food and exercise choices can you experiment with that make you feel good in the moment and afterwards rather than making a "good" choice to reduce anxiety?

What would shift in how you eat and exercise if you understood there isn't a right/wrong or perfect choice?

Resources



1) [My Webinar: Lies My Health & Wellness Teacher Told Me](#) - where I break down three diet culture concepts and give a sneak peek in my Truce with Food process.

2) [My Insatiable Podcast](#) has hundreds of episodes about progressive, holistic health care. Season 10: The 6 Freedoms of Sustainable Weight Loss is entirely dedicated to going more into details around our stories and patterns:

- **[Food Freedom 1: Stop Monitoring Yourself Around Food](#)**
- **[Food Freedom 2: Feel In Control, Not Controlled By Food](#)**
- **[Food Freedom 3: Redefine Self-Acceptance](#)**
- **[Food Freedom 4: End the Restrict-Binge Cycle](#)**
- **[Food Freedom 5: End the Guilt \(and the Downward Eating Spiral\)](#)**
- **[Food Freedom 6: Sugar Rehab](#)**

3) [A FREE Truce with Food 10 Lesson Mini-Course](#) for major mindset shifts and to learn an integrative approach to your food, weight and health goals.

4) [Why Am I Eating This Now Course](#) (Self paced & a live version in May 2021)

5) [Truce with Food](#) - My Signature Coaching Experience to Create Lasting Food Freedom

6) [My Instagram](#) is filled with real life food and body conversations! Join me in weekly IG Lives where I answer questions from our community and chat with clients about their experiences. I'd love to connect with you there as well.

