



- **Context Matters** – Choose a place where you can eat mindfully, focused on your experience, not worried about what’s happening around you. I’ve found home or a café to be safe places for me.
- **Coping Skills** – What do you do to cope in challenging situations? For me, it’s prayer, deep breathing, and truth reminders. One of my favorites: there are no “good” or “bad” foods – these are all cultural labels our society has used to scare us into diet culture beliefs!
- **Process and Progress, not Perfection** – Just as climbers don’t conquer Everest the first time they think about doing it, you need a process for conquering fear foods.

1. Visualize

I seriously just think about what it would be like to conquer this food in my head for a long time before I actually do anything.

2. I’m Going In

Just go in...to the grocery store section/aisle, the restaurant, or wherever...just go in. There is no pressure to do anything more.

3. Order/Buy

After considering and looking at the item several times, at some point I decide to buy it. Just because I buy it, doesn’t mean I have to eat it. Knowing this has helped me immensely in conquering fear foods. I decide each step; no one else does.

4. Eat the Amount You Want

Give yourself permission to eat the amount your body wants. Tune into your hunger and fullness. Feel freedom to stop eating when you are full, knowing you can have more anytime. Feel freedom to eat the whole thing if it’s delicious and you want to!

5. Reflect

How do you feel? What did you learn from the experience (there are no failures!)? Celebrate and acknowledge that you are growing in freedom from diet culture and leaning into honoring your hunger.

6. Set a New Goal

Based on your experience, what’s next? The same food a new way? A different food? Invite a friend next time?