

# SNACK ATTACK



WORKBOOK (UPDATED DECEMBER 2022)



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# THE KICK SUGAR *Coach*



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# • SUMMARY •

Addictive eating is eating that is compulsive, impulsive, obsessive  
It takes over our lives and ultimately destroys our bodies

**Snacking is Emotional Eating**  
**Emotional Eating is Compulsive Eating**  
**Compulsive Eating is Addictive Eating**

Addictive eating is self-harming and self-abandoning  
and contributes to self-loathing

Recovery is built upon abstinence from ultra-processed carbohydrates  
and compulsive eating especially snacking

Recovery is about showing up for ourselves physically, mentally,  
emotionally and spiritually in new and better ways

It is a decision to stop partying with food  
It is a decision to stop blunting feelings with food  
It is a decision to stop eating in the absence of hunger  
From there healing and miracles will come your way

I hope this document helps you find  
freedom from addiction and  
peace with food and yourself

You deserve no less



# • TABLE OF CONTENTS •

## PART 1

---

<b>What are Snack Attacks?</b>	<b>6</b>
<b>Negative Consequences of Snacking</b>	<b>8</b>
<b>Benefits of Not Snacking for Addiction Recovery</b>	<b>10</b>
<b>Preventing Snack Attacks</b>	<b>11</b>
◦ STRATEGY #1: Rational Reframe of Resistant Thoughts	<b>13</b>
◦ STRATEGY #2: Pros and Cons of Your Food Behaviors/Choices	<b>17</b>
◦ STRATEGY #3: Clarify Core Values	<b>19</b>
◦ STRATEGY #4: 3 Meal Miracle and Mindful Eating	<b>25</b>
◦ STRATEGY #5: Avoid Trigger Foods (For at Least 90 Days)	<b>26</b>
◦ STRATEGY #6: Micro-Nutrient Supplementation	<b>27</b>
◦ STRATEGY #7: Daily Gratitude	<b>30</b>
◦ STRATEGY #8: The When/Then Game	<b>31</b>
◦ STRATEGY #9: When I Say No To Snacks, I Say Yes To...	<b>33</b>
◦ STRATEGY #10: My Inspired Vision and Visualization	<b>35</b>
	<b>36</b>

## PART 2

---

<b>How to Handle Cravings (In the Moment)</b>	<b>40</b>
◦ STRATEGY #1: Get Present and Fast	<b>41</b>
◦ STRATEGY #2: Say “No” Like a Pro	<b>42</b>
◦ STRATEGY #3: Emotional Freedom Technique (EFT)	<b>45</b>
◦ STRATEGY #4: Slogans and Mantras	<b>45</b>
◦ STRATEGY #5: Snack Attack Worksheet (In the Moment)	<b>47</b>



# • TABLE OF CONTENTS •

## PART 3

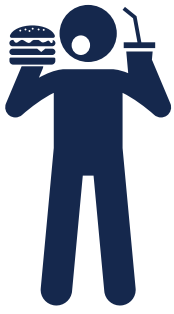
---

<b>Learning from Slips and Relapses (After the Fact)</b>	<b>52</b>
<i>Definitions:</i>	<b>54</b>
• What is a Slip?	
• What is a Relapse?	
<b>STRATEGY #1: Snack Attack Slip Worksheet (After the Fact)</b>	<b>56</b>

# PART 1

# WHAT ARE SNACK ATTACKS?





# WHAT ARE SNACK ATTACKS?

Any food-related thought, image, urge, or craving that is impulsive, compulsive, obsessive, or urgent is a snack attack. Snack attacks can strike between meals, while preparing a meal, or immediately after the completion of a meal. The urge to snack can be small such as popping an almond in your mouth, to thoughts of just “one bite,” to a full-on binge. The urge can range from subtle to overpowering.

**IT DOES NOT MATTER IF THE SNACK YOU ARE EATING IS ORGANIC AND HEALTHY OR ULTRA-PROCESSED. A SNACK IS A SNACK IS A SNACK.**

All snacks, treats, bites, licks and tastes are on the compulsive eating spectrum. They are all forms of emotional eating. Emotional eating is part of the problem we are solving.

**Snacks are not an option for sugar addicts in recovery.**

**NOTE:** A snack is different from a ‘mini-meal’. If there is a long stretch between meals or you are extra active and your body requires additional food/calories, then by all means have a mini-meal. A mini-meal consists of protein and vegetables. If your body is not hungry for protein and a vegetable (and it is calling for food or drink on the Top 10 Trigger Food list), you can safely assume it is having a snack attack and it can be ignored. If you choose to eat a mini-meal, be sure to eat healthy whole food (protein and veggies) that are low glycemic to avoid spiking insulin, and dopamine which will activate reward pathways that will lead to more snack attacks. Mini meals are not snacks. They are there to nourish the body. They are a response to genuine hunger. Snacks are not.

# ! NEGATIVE CONSEQUENCES OF SNACKING



**Indulging snack attacks slows down and blocks recovery in the following ways:**

- Strengthens the addict/survival brain and weakens the wise mind
- Gives the Sugar Dragon an inch which will turn into a mile
- Reinforces the self-harming food behavior of eating in the absence of hunger
- Blocks the pursuit and mastery of non-food self-soothing skills
- Blocks the pursuit of non-food related pleasure and relaxation
- Reinforces the need for immediate gratification when stressed
- This can lead to binge eating or loss of control around food choices and amounts
- Diminishes appetite for meals at scheduled times
- Spikes insulin, which creates blood sugar crashes, which leads to cravings
- Contributes to sugar/flour relapse
- Contributes to erratic eating schedules and late-night calorie consumption
- Slows down or blocks weight loss
- Blocks the healing of metabolic-related health issues
- Creates cravings
- Leads to food obsession, thoughts of food between meals
- Becomes a self-perpetuating pattern of cravings and urges
- And more...





## REFLECTION QUESTION 1

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In what ways has your personal experience with snacking lead to relapse, sabotaged your weight loss, or otherwise impacted your life in the ways noted above?



## REFLECTION QUESTION 2

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Is there any other way that snacking/giving into cravings negatively impacts your life not listed above? Brainstorm your ideas here:



# BENEFITS OF NOT SNACKING FOR ADDICTION RECOVERY

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Here are the benefits of NOT snacking EVER in terms of addiction recovery:

- The urge to snack alerts us to the fact that we *need* something (rest, relaxation, reassurance, water, support, etc.)
- We get excellent at resisting temptations and strengthening our “no” muscle.
- We learn what triggers snack attacks and helps us to avoid those triggers
- Forces us to find and master other forms of self-soothing, self-care
- Snack attacks are an early warning sign of relapse and alert us to this potential
- Enable us to reaffirm our commitment to eating only 3 meals everyday
- Improves digestion, no longer spikes insulin between meals
- Enables us to experience the benefits of intermittent fasting (no night time eating)
- Facilitates strong, steady weight loss
- Eliminates food obsession by reducing thoughts of food between meals
- Reduces decision fatigue (to snack or not to snack is no longer an issue)
- Ensures we are hungry and ready to digest our planned meal
- Supports mindful eating by not eating on the fly or for emotional reasons
- Brings extraordinary feelings of peace and freedom around food
- Keeps the wise mind in charge of food choices, and weakens the addict brain
- Radically reduces, if not eliminates, cravings
- We stop being sneaky or dishonest with our food (no more hiding wrappers)
- No more wasting time in front of the TV just so we can indulge in food
- No more spending money on food that we don't need or want
- No more self-loathing because we went off the rails, again

We eat snacks because of cravings. Snacking and craving are synonymous. Cravings are not normal. Neither is snacking. Fortunately, they do not need to plague us. This document will help you master skills that will extinguish cravings (snack attacks) by arming you with the power to prevent them, manage them and learn from them. Like all bad habits, it just takes patience and consistency. Soon they will be a thing of the past.

**GOOD-BYE SNACK ATTACKS. SEE YOU LATER CRAVINGS. HELLO FREEDOM!**





# PREVENTING SNACK ATTACKS



## ELIMINATING SNACKING PIVOTS ON 2 THINGS:

- 1) Successfully ignoring snack attacks start with a rock solid decisive decision. A wish-washy commitment to not snacking will bring wish-washy results. Giving up snacking will be strenuously resisted by our Addict Brain. It thinks not snacking is a bad idea.
- 2) Recovery pivots on our ability to connect with our senses, come into the present moment, be in our body. These actions activate our Wise Mind and enables it to apply the brakes on our addict brain's impulsive urges. We will address this topic in Part 2 of this Workbook.



## RELEASING RESISTANCE TO NOT SNACKING

It is extremely difficult to extinguish the self-harming habit of snacking if you still see it as desirable. Again, not snacking does not deny you food that your body needs. Not snacking shuts the door on emotional and compulsive eating that has nothing to do with the need for calories or nourishment. If you actually need more calories or nourishment that needs to be addressed separately. This document assumes you are adequately nourished. In this case, Snack Attacks are part of our disordered eating problem.

Below are Strategies designed to help you put a hard stop to eating between meals by addressing the resistance and rationally disarming it. The goal is to help you feel peaceful about not snacking and excited to experience the benefits.

Just follow the steps under each strategy and watch the magic happen!

# STRATEGY #1:

## REFRAMING RESISTANCE WORKSHEET

INSPIRED BY: BYRON KATIE, "LOVING WHAT IS"

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### STEP 1: FEELINGS OF RESISTANCE

When you think about not snacking between meals (or not engaging in bites, licks, and tastes) what objections come up for you? List all of your thoughts and feelings here. Brainstorm all the reasons why you simply cannot or should not stop snacking.

### STEP 2: RATIONAL REFRAME

Look over the thoughts you listed above and pick one. Pick the one thought that seems the most intense, the one with the most strenuous objection to not snacking. State the thought as a clear and simple sentence. (*Examples: It is impossible OR I will get too hungry between meals OR snacking keeps me from bingeing, etc.*)

### STEP 3: RATE ITS INTENSITY

On a scale of 1-10, how true does this thought feel to you?

### STEP 4: HOW DO YOU REACT TO THIS THOUGHT?

How do you react when you think this thought? What thoughts, feelings, behaviors arise?

### STEP 5: OPPOSITE THOUGHT

Take your original thought and reword it into its opposite.

#### Example #1:

- Original thought: *"It is impossible to not snack."*
- Opposite thought: *"It is possible to not snack."*



### Example #2:

- Original thought: *"Snacking keeps me from bingeing."*
- Opposite thought: *"Snacking does not keep me from bingeing."*

## STEP 6: RATIONALLY DEFEND THE OPPOSITE THOUGHT

Now write down 3–5 rational reasons why this new opposite thought is as true if not truer than the original thought.

### Example #1:

- Opposite thought: *"It is possible to not snack."*

## EXAMPLE: RATIONAL REASONS TO SUPPORT THIS THOUGHT

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- No one forces me to put food or drinks in my mouth. It is always a choice.
- It is 100% possible to choose to not snack. Not snacking is 100% under my control.
- Snacking strengthens my addict brain. It sets me up for bingeing and relapse. I don't want to binge and relapse, therefore I can choose to not snack.
- It might feel impossible at first but over time not snacking will become second-nature.
- When I eat healthy, balanced, and satisfying meals, I will not want to snack. When I snack, I will not want to eat healthy, balanced, and satisfying meals. Thus I choose to not snack.
- Snacking perpetuates snacking. It is a vicious cycle. If I stop snacking, over time I will stop wanting to snack.
- There is no physical, mental, emotional, scientific, or spiritual reason that I cannot stop this behavior. It is 100% possible.
- Not only is stopping this behavior possible, it is also deeply desirable. I want freedom from the hassle and harms, the pain and shame of snacking.
- Snacking blocks my willingness to find new and better ways of self-soothing. I choose to find new and better ways of self-soothing.
- Lots of people do not snack. If they can do it, I can do it.
- I can do anything I set my mind to. I have overcome and accomplished much harder things.



- All things seem impossible until they are accomplished.
- Bad habits are not easy to rewire but it is ALWAYS 100% possible to do so.
- Most people on the planet prior to the last century did not snack. Snacking is a new phenomenon and can be extinguished / released.
- It is *impossible* to keep snacking. It is making my life miserable. Not snacking is *possible* and will make my life more manageable.
- Snacking sabotages the things I consider most important in my life such as my health, being in integrity, my mental wellbeing, achieving success, having fun, deepening my spirituality, feeling free. I want to live true to my deepest values more than I want to snack, therefore saying no to snacks is 100% possible.
- Eating without appetite is an *insane* food behavior. I choose to no longer behave insane with food.
- The truth is... I don't want to snack. My addict brain does, I do not. Fortunately, I am the boss. I can and will learn how to apply the brakes to its reckless impulses.

#### STEP 7: HOW TRUE IS IT NOW?

On a scale of 1-10, how true does the original thought feel to you now? Has it shifted? Is the resistance to not eating between meals or while preparing meals gone?

#### IF IT IS NOT BELOW A 3 ON THE SCALE, YOU CAN DO 1 OF 3 THINGS:

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- **Keep rationally defending the *opposite* of the *original* thought until you feel a release, a shift.** You will know you are done when you can feel relief in your body.
- **Pick another related thought and do the same process again.** Sometimes related thoughts can be blocking a complete release of the first thought.
- **Ask for help.** Perhaps you have friends, family members or a recovery buddy that can help you with reframing the original thought. Your coach loves reframing. This is a learned skill and you will get better.
- **Try another strategy.** There are many more below that are also effective at getting our conscious and unconscious mind to embrace and follow through on this important behavior change.

# STRATEGY #1: REFRAMING RESISTANCE

## WORKSHEET 1 PAGE SUMMARY

(INSPIRED BY: BRYON KATIE, "LOVING WHAT IS")

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### STEP 1: FEELINGS OF RESISTANCE

When you think about not snacking between meals (or not engaging in bites, licks, and tastes) what objections come up for you? List all of your thoughts and feelings here. Brainstorm all the reasons why you simply cannot or should not stop snacking.

### STEP 2: RATIONAL REFRAME

Look over the thoughts you listed above and pick one. Pick the one thought that seems the most compelling/ persuasive. The most strenuous objection to not snacking. State the thought as a clear and simple sentence.

### STEP 3: RATE ITS INTENSITY

On a scale of 1-10, how true does this thought feel to you?

### STEP 4: HOW DO YOU REACT TO THIS THOUGHT?

How do you react when you think this thought? What thoughts, feelings, behaviors arise?

### STEP 5: OPPOSITE THOUGHT

Take your original thought and reword it into its opposite.

### STEP 6: RATIONALLY DEFEND THE OPPOSITE THOUGHT

Now write down 3-5 rational reasons why this new opposite thought is as true if not truer than the original thought. Prove the original thought is a lie.

### STEP 7: HOW TRUE IS IT NOW?

On a scale of 1-10, how true does the original thought feel to you now? Has it shifted? Is the resistance to not eating between meals or while preparing meals gone? If not, keep reframing this thought and others until it does. Ask your coach for help, if needed.



# STRATEGY #2: PROS AND CONS OF YOUR FOOD BEHAVIOURS/CHOICES

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Consider on paper the pros and cons of deciding to not snack (aka not indulging cravings, not eating between meals, not eating while preparing a meal or in excess of a planned meal). There are always tradeoffs in life. Identify below the benefits and costs of making a decisive decision to close the door on compulsive eating behavior.

## NEW BEHAVIOR: NO SNACKING & NO BLT'S (NO BITES, LICKS OR TASTES)

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PROS	CONS



## REFLECTION QUESTION 1

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Based on the cost benefit analysis above, I conclude the following:



## REFLECTION QUESTION 2

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Based on the cost benefit analysis above, I choose to stop (or continue) snacking because:

# STRATEGY #3:

## CLARIFY CORE VALUES

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Whether we are conscious or not, deep within us are values that guide our life choices. Some are conscious, others are hidden.

Understanding our values and how our choice to stop snacking strengthens and supports our highest aspirations and priorities can be helpful. It also draws into view where our current food behaviors violate our values which creates cognitive dissonance (and feelings of shame and guilt without knowing why). Aligning our actions to our core values brings feelings of being on track and at peace. It also frees up energy that can be directed to the achievement of life goals (instead of being stuck in draining and demoralizing struggles with food and weight).

### PART I: ANSWER THESE QUESTIONS

Who Inspires You? Who Do You Admire? (It can be a person you know, a famous person, spiritual or political leader, author, artist, a book character, etc.) What qualities in them do you value most?



When and in what circumstances do you feel at your best, in your zone, What feelings do you feel? What positive outcomes do you experience?

What behaviors and qualities would be a part of my best version of myself?



## PART II: IDENTIFY YOUR VALUES

Read over the list below and circle all of the words that stand out as most meaningful to you.

Authenticity	Decisiveness	Freedom	Leadership	Reputation
Abstinence	Determination	Friendships	Learning	Respect
Abundance	Dependability	Fun	Logic	Responsibility
Achievement	Diligence	Generosity	Love	Safety
Adventure	Discipline	Grace	Mastery	Security
Affection	Education	Gratitude	Manifesting	Self-Care
Authority	Emotionally Resilient	Growth	Meaningful Work	Self-Expression
Awareness	Empathy	Hard Work	Mindfulness	Self-Respect
Balance	Encouragement	Happiness	Nature	Service
Beauty	Energy	Harmony	Optimism	Simplicity
Blessed	Entrepreneurship	Health	Originality	Sobriety
Boldness	Enthusiasm	Higher Power	Parenting	Solitude
Brilliance	Excellence	Honesty	Passion	Spirituality
Calm	Exercise	Humility	Patience	Stability
Clarity	Expertise	Humor	Peace	Strength
Closeness	Exploration	Independence	Play	Success
Community	Fairness	Integrity	Pleasure	Support
Compassion	Faith	Inspiration	Poise	Surrender
Confidence	Fame	Intuition	Present	Teamwork
Connection	Family	Innovation	Prosperity	Trust
Consistency	Fearless	Joy	Receiving	Vitality
Contribution	Feeling(s)	Justice	Recognition	Well-being
Cooperation	Fitness	Kindness	Recovery	Willingness
Courage	Flexibility	Knowledge	Relationships	Wealth
Creativity	Flow	Laughter	Religion	Wisdom



### PART III: MERGE YOUR VALUES

Look over your answers to the questions above, as well as the words you circled. Can you lump them into broader categories/themes? If yes, what are they? (For example: abundance, security, prosperity can become Financial Security OR health, wellbeing, fitness, energy can become Vitality.) If not, no worries.



## PART IV: HOW SNACKING VIOLATES YOUR VALUES

Narrow your values down to your top 6-8. List them here on the left-hand side and complete the rest of the chart.

CORE VALUE	WHY IS THIS VALUE A PRIORITY?	PRACTICALLY SPEAKING, WHAT DOES THIS VALUE LOOK LIKE OR DO YOU WANT IT TO LOOK LIKE IN YOUR LIFE?	DOES NOT SNACKING ALIGN WITH OR WORK AGAINST THIS VISION / VALUE?



## REFLECTION QUESTION

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Based on this values exercise, I choose to stop snacking because:

Now that we have several powerful (wise mind) processes to clear resistance, let's explore other strategies to **PREVENT** cravings that can lead to snacking.





# PREVENTING CRAVINGS

# STRATEGY #4: 3 MEAL MIRACLE AND MINDFUL EATING

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Eating 3 whole, balanced meals a day (spaced 4–6 hours apart) on a schedule (with no snacks in between) will create a miracle in your life. Couple this with mindful eating – where you sit down and eat slowly and gratefully, enjoying each morsel of your beautiful food – which will keep you from thinking about raiding the fridge or ransacking the cupboards.

Please see my handout “**Common Denominators of the Sugar-Free Successful**” for a detailed list of daily best practices around the 3 Meal Miracle. It has a weekly scorecard where you can track how many of these actions you are taking. The more you do, the less you will be bothered by temptations to nibble or binge.

[Here is a summary of the common denominators among the successfully sugar-free.](#)

## TOP 12 COMMON BEHAVIORS AMONG THE SUCCESSFULLY SUGAR FREE

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- They avoid Trigger Foods (see list below)
- They eat protein, fat, and veggies at every meal
- They plan and prioritize their meals
- They eat every 4–6 hours (no snacks in between) on a regular schedule
- They stay hydrated
- They get enough sleep (or at least try to)
- They do daily self-care that brings feelings of relaxation, rest, and rejuvenation
- They are grateful every day for their abstinence
- They focus on what they can eat and eat it mindfully and gratefully
- They let go of outcomes (this isn't a weight loss diet!)
- They move their body to boost feel-good neurotransmitters (not lose weight)
- They have coaches, recovery buddies, support, and community

# STRATEGY #5: AVOID TRIGGER FOODS (FOR AT LEAST 90 DAYS)

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Here is the hard truth... if you want to eliminate cravings, you need to eliminate the foods that trigger them. They do not trigger you because you have a bad attitude or you have a wild imagination. They trigger you based on the physical laws of the universe. They activate the addictive response in YOUR body. You cannot control this reaction. You can only get aware, get honest and get unhooked.

The foods listed below are known to trigger cravings and compulsive eating in individuals who identify as sugar addicted.

## TOP 10 'TRIGGER FOODS'

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- 1.Sugar
- 2.Flour (any grain, nut, seed turned into a powder)
- 3.Artificial Sweeteners
- 4.Alcohol
- 5.Caffeine/Cacao/Cocoa
- 6.Dairy
- 7.All Grains (wheat, corn, barley, oats, quinoa, rice, etc.)
- 8.Starchy Vegetables
- 9.Nuts and Seeds
- 10.High Sugar Fruits (tropical, hybridized fruit, etc.)



## THESE TOP 10 TRIGGER FOODS SHARE THE FOLLOWING COMMON CHARACTERISTICS:

- They trigger inflammation, aches, pain, cravings, headaches, migraines
- They spike blood sugar, insulin, cortisol, and adrenaline
- They boost neurotransmitters such as dopamine and serotonin
- They make us feel good for a while until we crash and crave more
- They feed candida, parasites & pathogenic bacteria
- They disrupt our microbiome
- Are typically eaten processed or ultra-processed
- Contribute to weight gain, chronic disease, mental health issues
- Slows down or blocks weight loss and healing

For these reasons and more, these foods/drinks are flagged as problematic for most sugar addicts. It is recommended that in the first 90 Days of back-to-back abstinence, you consider eliminating the following foods. After that, reintroduce whole food options, one at a time, to watch for an adverse reaction including aches, pains, headaches, cramps, cravings, the desire to binge, etc.

Alternatively, you can strictly eliminate the Top 4 on the list for 30 Days and see if that is enough to achieve these outcomes:

- No cravings
- Steady weight loss (if desired)
- Improvements in mood and energy
- Resolution of issues such as bloating, belching, aches, pains, headaches, etc.

If you are still experiencing cravings, not losing weight (or it is very slow), not experiencing significant improvements in mood and energy, are struggling with digestive issues, blood sugar spikes, or other negative consequences, consider eliminating all Trigger Foods for at least 30 days and then reassess. You can also remove them slowly. This is known as the harm reduction approach.

The only foods we want to strictly eliminate for life are sugar, flour and artificial sweeteners. Two others that often interfere with long term peaceful abstinence and brain repair are caffeine/cacao/cocoa and alcohol. You might consider eliminating them for life as well.



## TOP 10 'TRIGGER FOODS' - WHERE DID THIS LIST COME FROM?

How did this list come to be?

It is the handed-down wisdom of men and women who have been walking the path of food addiction recovery through 12 Step Programs for the past 60 years. It became clear that once a sugar/food addict puts down sugar and flour, other foods become 'backdoor' substitutes. These foods contributed to cravings and compulsive eating. They also blocked weight loss and lead to recurrent relapse. These backdoor substitutes also slowed down progress toward health and mental health goals.

You are welcome to take this advice carte blanche or do your own personal research (also known as **"the scenic route"**). Zero judgment here! Experimenting with these Trigger Foods/Drinks will lead to significantly more relapse and restarts but it is profoundly valuable. There is nothing quite like first-hand experience with slipping and sliding to convince you. You will know for yourself which foods trigger you. It will be your own hard-earned wisdom. As long as you are willing to be brutally honest about the results of your research and dig deep for the courage to let trigger foods go even if you like them very much, this self-directed experimentation is helpful.

The fast track to success, on the other hand, is to stand on the shoulders of sugar addicts who have found their freedom, lost weight and kept it off, reversed health conditions, and sustained peaceful abstinence and sane food behavior year over year.

Men and women that are successful at breaking up with sugar and moving forward with their lives share common denominators. Among them is the willingness to identify and avoid all known trigger foods because this reduces cravings.

Cravings are what trip us up. Doing the hard work of avoiding cravings is easier than fighting cravings with willpower. The moderation of trigger foods is almost always harder than letting them go.

# STRATEGY #6: MICRO-NUTRIENT SUPPLEMENTATION

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There is a growing body of research solidifying the link between nutritional deficiencies, mental health (which is largely about the brain and metabolic health), and addictions. Improvements in one area, bring improvements in other areas.

For this reason, supplements can be a game changer for sugar addicts. The one I recommend is by Hardy Nutritionals. It is the world's #1 most researched and scientifically validated supplement. It is specifically designed to heal the brain and improve mental health markers, which can include reducing cravings.

<https://www.hardynutritionals.com/>

**At the check out use my practitioner referral code that will give you a 15% discount.**  
The discount code is: [kicksugar](#)

This supplement is 'full-spectrum' and contains clinical doses of essential vitamins and minerals. It is featured in the book "**Better Brain**" by Dr. Bonnie Kaplan.

These micronutrients need time to build up in your brain, and they need time to rebuild your hormones and feel-good neurotransmitters. The supplement takes 4-6 weeks to show results. Be patient.

If you are currently taking supplements, and are not sure which supplements are compatible/complementary and which ones are covered by this multi-mineral and vitamin, book a free consultation with the company.

If you are currently taking medications for mood disorders, check in with a doctor who can monitor your symptoms and adjust the dose. Over time as your brain heals, you may need less. Many individuals are able to titrate off anti-depressants and anti-psychotics. Others are not. The company that manufactures these supplements has a team of scientists available to answer your questions and help you optimize your results.

The right nutraceutical can be profoundly helpful in arresting your quest to stop returning to the fleeting and damaging pleasure of sugar.



# STRATEGY #7: DAILY GRATITUDE

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Gratitude trumps cravings. You cannot feel two things at once. If you are so busy feeling grateful for your sugar-free life, snack attacks can't get a toe hold. A thankful heart dims the addict brain.

It is very easy, over time, to forget how much pain and suffering we experience when we indulge in compulsive eating behaviors. To avoid this, it is essential we make a point of feeling gratitude for the benefits and blessings of sane eating behaviors (including and especially abstinence). Otherwise, we start to take them for granted, and we can slide backward.

It is best to find a specific time of day in which to express gratitude. It can be first thing in the morning. At each meal. Before bed. When you see others eating processed junk foods, etc.

I have created a 5-minute audio called **"I am sugar-free and deeply grateful."** You could listen to this once a day or create your own script and read it.



## REFLECTION QUESTION

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Complete this sentence: *"I am so happy and deeply grateful to be snack-free because..."* List all your ideas here.



# STRATEGY #8: THE WHEN/ THEN GAME

Have a clear game plan to handle temptations. Instead of the usual see food, smell food, eat food... you can create a new default response to situational triggers. Creating new neural networks is slow and requires consistency but it can be done. Complete the chart below on your typical **'trigger' situations, and the new behavior you want to do instead of shoving food in your mouth.**

<b>WHEN THIS HAPPENS...</b> (Scenarios that Trigger Me)	<b>THEN I WILL DO THIS...</b> (New Behavior)
<p><b>Example:</b> When my family eats popcorn while watching a movie and the smell is getting to me...</p>	<p>Then I will...</p> <p><b>Here are some ideas:</b> leave the room, go for a walk, make myself a cup of mint tea, remind myself of all the reasons corn does not work for my body, remind myself that I do not want a small bowl, I want to binge eat it and binge eating is a painful self-harming food behavior, I will look at the food and say in my head <i>"thank goodness I don't eat that food anymore"</i> or I will say <i>"I don't snack. That doesn't work for me."</i></p>
<p>When I am tired and crave food for energy...</p>	<p>Then I will take a nap, drink a liter of water, etc...</p>
<p>When someone has gone out of their way to make me food that I don't eat...</p>	<p>Then I will...</p>
<p>When it is someone's birthday...</p>	<p>Then I will...</p>

<b>WHEN THIS HAPPENS...</b> (Scenarios that Trigger Me)	<b>THEN I WILL DO THIS...</b> (New Behavior)

# STRATEGY #9: WHEN I SAY NO TO SNACKS, I SAY YES TO...

Complete this chart with at least 10 benefits of saying no to snacks.

WHEN I SAY NO TO (List Unwanted Behavior)	I SAY YES TO (List Inspired Vision of the Benefits)

# STRATEGY #10: MY INSPIRED VISION AND VISUALIZATION

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Create an inspired vision of the process of not snacking. Describe in detail what your snack-free life looks like. Cut out images if you like, create a collage on Canva, write a paragraph written in the present tense. Imagine you are successfully not snacking, that you have what you desire now. Our imagination cannot tell the difference between a compelling visualization and reality. If you can see it, you can believe it, you can achieve it. Harness the power of your imagination to visualize difficult situations and how you handle them.

## HERE IS A SIMPLE 6-STEP PROCESS

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1. Go to a quiet place, take deep breaths, get calm and close your eyes.
2. Think of a goal, skill, or new behavior you want to achieve.
3. Think of the steps involved. What actions do you need to take to achieve your goal?  
Break it down step by step. Be very specific.
4. Imagine yourself taking these steps, taking these actions. Go through the motions in your mind. You can pretend you are watching a movie of yourself, or imagine being an actor in a movie successfully taking the action you need to take to achieve the desired goal.
5. Activate your senses. Make images/visualization as real, lush, and detailed as you can. See yourself taking action, having thoughts and feelings, overcoming obstacles, moving your body, smelling, talking, seeing, etc. Feel the joy of the successful outcome. See others reacting to your success. Paint the picture of you successfully taking the action and achieving desired results.
6. Practice this inspired vision twice a day for 30 days. Just as you wake up and just before sleep is ideal times to visualize. As you imagine the actions you want to take and the desired outcome, feel excitement and gratitude. Treat this like a done deal. And watch the gap between where you are in real life and what you see in your vision shrink until they are one and the same.



**NOTE:** You can create a vision board or collage to help you with your visualization. You can also write your vision on a cue card and read it twice a day. Write your vision in present tense.

#### **EXAMPLE #1**

*I am sitting on my couch with my family watching TV. The smell of their popcorn is wafting my way. The buttery aroma gets my attention for a few seconds as it fills my nostrils. I notice my mind quickly dismisses it. I have no desire to snack, no need to eat for the sake of eating. I feel complete and satisfied. My mind is clear. My skin feels soft and my pajamas fit perfectly. I am relieved I no longer have rolls of fat hanging over my waistband. I notice the smell of popcorn again. This time, it is vaguely unpleasant. The oil is probably some processed seed oil and is terrible for the body. Thank goodness I don't eat junk anymore. Memories of starting in on popcorn and not being able to stop are coming to mind. I remember the giant red bowl that I only used to eat popcorn. It was ridiculously huge. It brings up anxiety in my body just thinking about it. I simply could never get enough. The worst was when the kernels would get jammed in my gums. And the next day I would wake up slightly depressed. I lean back into the couch and get even more comfortable. I tuck a blanket around my legs. I am so grateful to be a sugar-free, snack-free woman. I love not being a slave to food cravings and compulsions. I love having my meals digested completely. I love feeling ready and grateful for the next one. I love that I no longer cram food into my stomach whether I am hungry or not, especially ones that once I start eating, I can't stop. My daughter offers me some of her snacks, I smile warmly at her. "No, thanks," I say. "I hope you enjoy it." I turn back to the movie. I feel relaxed and happy. Life is good.*

#### **EXAMPLE #2**

*I am cleaning up the dishes. The leftover food is calling me. But I laugh as I scrape food bits into the compost bin. I used to clean off plates like the family dog prior to closing the door on after-dinner snacking. Today it is unthinkable that I would put food in my mouth in between or after a meal. Today it is unthinkable that I would graze all night or raid the kitchen just before bed. Today when the urge to eat comes up, that is my cue*



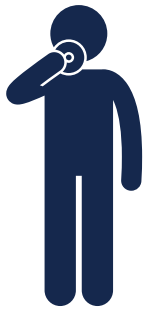
to check in with me to see what I need. Cravings and snack attacks are like the engine light in my car. They are red alert signs from my body that needs some care and attention. I tune into myself... curious to know what I need. I start running down a list of options... are you upset about something? Are you tired? Do you need to go for a walk? Do you want to make some tea and read a book? I wait for an answer to emerge. Something to spark inside me. It finally comes. It wants me to wrap up the kitchen and head to bed. No more chores today. I feel the familiar pull of trying to squeeze in just "one more thing" but I know better now. I have learned to listen to my limits. I press the button on the dishwasher and turn out the lights in the kitchen. It feels luxurious to be heading to the bedroom to turn in early quite a bit earlier than normal. I love that I no longer use food to push past my limits. I love that I have learned to feel the pull of food and turn that into cravings for self-care. My life is so much better now that I simply don't snack. No exceptions. I pick out my favorite pair of pajamas, slip into them, and head to the bathroom to brush my teeth and wash my face. Life is good.



## PART 2

# HOW TO HANDLE CRAVINGS (IN THE MOMENT)





# HOW TO HANDLE CRAVINGS IN THE MOMENT



Even with all the good things, you will do to prevent cravings, they are still going to happen! You will still be ambushed by obsessive-compulsive food thoughts that seem to come out of the blue. This happens to all of us regardless of how long we have been peacefully and gratefully abstinent. So, we need some strategies to deal with them at the moment. This will empower us to say no to snacks, and strengthen our Wise Mind.

**Here is one fact you need to know...** A wish-washy no to a craving will get you wish-washy results. Your Sugar Dragon is no fool. It knows when you are having a weak moment and will exploit it to the max.

**You have 3 seconds to shut down a craving or urge to binge.** If the urge lingers for longer than 3 seconds, it can get traction and makes saying no much harder, if not impossible. **You need to act fast and decisively.** If you even slightly entertain the idea of a bite, lick, taste, or sip (BLTS), you are in for BIG trouble. The worst part is, a slip can lead to a full-on relapse. A relapse could last days, weeks, or months. Don't risk it!!

**Use the strategies below to do an in-the-moment intervention.**



# STRATEGY #1:

## GET 'PRESENT' AND FAST

---

Once the urge to snack has hit, you must come into the present moment by connecting to your body senses and get moving. Dopamine demands action. Take action. You have 10 options below. These options will insert the pause you need to apply the brakes to addictive urges and give it time to dissipate. They will restore access to your Wise Mind. Your Wise Mind will make wise choices. The Addict Brain wants you to make impulsive ones. The Wise Mind wants wellness. Addict Brain wants immediate gratification.

### WHEN THE URGE TO SNACK HITS, DO AT LEAST ONE OF THESE SIMPLE THINGS IMMEDIATELY

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1. **Feel in your body a strong "No"** to the urge to snack.

That will shut it down. If you cannot feel a body-felt "NO!" try another strategy.

2. State out loud or in your head *"My Addict Brain has been triggered. It is seeking a snack."* **Verbally acknowledge that your Addict Brain is seeking a fix. Recognize it needs reassurance.**

3. **State a slogan or a mantra** such as *"Easy Does It," "I don't snack between meals no matter what," "That's not my food," "Let Go and Let God," etc.*

4. Then **take 3-5 deep breaths. As you exhale sigh or hum.** With each exhale invite your body to relax even more and let go of fear, tension, stress. If you really want to go for gold, *alternate nostril breath* for 10 rounds.

5. As you breath, have your Wise Mind **offer words of reassurance to your Addict Brain.** "You're okay." "It's not so bad." Give yourself a hug. Notice the pleasure of the hug.

6. Make a point of noticing what is happening in and around your body. **Name 4 things you can see, 3 things you can feel, 2 things you can hear, 1 thing you can smell.**

7. Ask yourself: What do I need right now? What might feel good?

8. Consider doing a round of EFT "Even though I really want to eat this... I accept myself"

9. Move! Stand up and do some jumping jacks, go for a walk, dance to some music

10. **Get Curious!** As soon as the craving hits pull out your cell phone and hit start on your stop watch. Use the form below to track how long it takes for a craving to disappear. They always disappear. Learn to get curious instead of caving in. Track craving patterns.



# CRAVING TRACKER

BY FLORENCE CHRISTOPHERS | THE KICK SUGAR COACH

**Instructions:** When a craving hits, grab your phone's stopwatch and click start. Turn off the stopwatch when the craving has subsided and you no longer want to eat/ drink what you were craving. This means the dopamine driven urge has left your body. While you are waiting for the craving to pass, get busy with something else. Use this form to track patterns. When do cravings hit? What is the average time it takes for them to pass? Are some cravings for certain foods last longer than others? Which tool helps you shorten the craving time best? For example, getting busy, distracting yourself, moving, drinking water, saying no, etc.

DATE	WHAT ARE YOU CRAVING? ALTERNATIVE ACTION TAKEN	INTENSITY 1-10	TIME STARTED	TIME ENDED	TOTAL DURATION

# STRATEGY #2:

## SAY "NO" LIKE A PRO

---

The beautiful thing about cravings and urges (snack attacks) is that they give you golden opportunities to consciously call upon your Wise Mind (your underutilized superpower) and flex your "No Muscle." The stronger this muscle gets, the more quickly and easily you can shut down snack attacks.

I have created four different ways that you can say 'no' to the urge to snack that is designed to avoid triggering rebellion inside your psyche. Pick and choose your favorites, and apply them to each unique situation.

### WAY #1: "OH, HELL NO!"

If you have been persuaded that you do not want to snack between meals (mini-meals aside), and are ready to say, "*I will never again snack between meals,*" then this way of saying no is your fast-track ticket to supreme freedom. Why? Because when a snack attack comes up, you shut it down cold. It's a clean, body-felt NO. It's not intellectual. It's not wish-washy. It's a hard line and once declared, it stuns the urge to eat into total submission. The craving falls dead on the spot.

This no is the kind of no you would say if someone was trying to cajole you into eating food covered in maggots or dog poo. There would be no hesitation or wishy-washy confusion in your voice about what you do and do not want. This no is best used by sugar addicts and emotional eaters that have made a deep commitment, a definitive non-negotiable decision to never snack again. The speed and intensity of your 'no' does all the heavy lifting for you. Don't give your Sugar Dragon any hope. That is not just cruel, it makes the craving persist.





## WAY #2: "NO, SWEETHEART. WHAT ELSE CAN I GET YOU?"

This is a **Nurturing Mama "No."** The tone is sweet and comforting and acknowledges that the part of you that really wants a snack, and cannot have it, is feeling disappointed. It lets that part know that even though it CANNOT have \_\_\_\_\_, you are open to getting it something else it might like instead.

This approach is substituting your presence and kindness (Wise Mind) for the comfort and pleasure the Addict Brain is seeking from food and is offering to find an alternative. This approach can also be taken if it is mealtime and your body calls for foods you would prefer not to eat because they are slippery and detrimental to your health/mental health goals.

**The dialogue might go something like this:**

*"No, honey, we are NOT going to have pizza for dinner. But I know you love \_\_\_\_\_ and \_\_\_\_\_, how about we have that tonight instead? Or do you have a better idea?"*

## WAY #3: "YES, GOOD IDEA. LET'S ENJOY THAT LATER."

This is a **'Delay, Don't Deprive'** tactic. This is an acknowledgment that the urge to eat something is a good idea and will be enjoyed later as part of a sit-down, proper meal. It's a great idea to pick a specific day and time when you will enjoy the food that is being desired and let that part of you keen to enjoy the food know.

**The dialogue would go something like this:**

*"Yes, everyone at the staff meeting is eating \_\_\_\_\_. Since it's not our mealtime, I will grab a few, and we can enjoy them as part of our lunch later today."*





## WAY #4: "HMMM... LET ME THINK ABOUT IT FOR 15 MINS."

This approach is great to use when a snack attack is muddling your thinking. It's a *"maybe, but not right now"* approach. It buys you time to get through the moment and re-evaluate the wisdom of this food choice and the timing of its consumption. Set an actual timer for 15 minutes, then decide.

This softer "no" can work well for individuals who have an inner Rebel who hates the word No and will freak out when denied. It gives you time to use another strategy to interrupt the snack attack or to choose to eat it later at a meal, assuming it is healthy whole food and is part of your meal plan.

Take these 15 minutes to get calm, centered, and present. Connect to your body. This restores the authority of the Wise Mind and allows it to apply the brakes.

OR!

You can take these 15 minutes to totally check out. Leverage the **Power of Distraction**. Do your best to get absorbed in something else. Wash dishes, run an errand, call someone back, do a load of laundry, whatever! Get busy, get distracted. This works too.



# STRATEGY #3: EMOTIONAL FREEDOM TECHNIQUE (EFT)

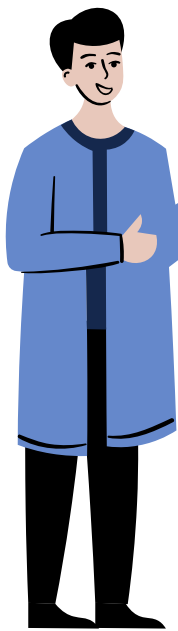
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EFT can be used to acknowledge the craving, acknowledge what you want instead, and empower you to get your real needs met. Please see my EFT handout for a suggested script and details on how to use it.

# STRATEGY #4: SLOGANS AND MANTRAS

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Slogans and mantras are awesome little phrases you can use to put your higher mind back in charge of your food choices. They are designed to interrupt impulsive eating. Here are some options:



- I don't snack. Ever. Period.
- I am a snack-free man/woman.
- That is not my food (NMF).
- I need something. I wonder what it is?
- I trust my decision to not snack.
- Fast food equals fast death.
- Indulging snacking always ends badly.
- Snacking is an insane food behavior.
- I can wait until my next meal.
- Easy Does It.



## REFLECTION QUESTION #1

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What calm, soothing words can you use to settle down and reassure the Addict Brain in the midst of a Snack Attack?



## REFLECTION QUESTION #2

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What, in your opinion, is the difference between making decisions from your Wise Mind versus your Addict Brain?

# STRATEGY #5: SNACK ATTACK WORKSHEET

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When a craving strikes, whip out this worksheet and start answering the questions. It will help you not cave into the urge, help you gain insight into what triggered the craving, and guide you to new non-food-related self-soothing behaviors instead. In short, it will take you out of the urgency of the Addict Brain and put your Wise Mind in the driver's seat (where it should always be).

To make this easier, you might consider taking this worksheet to a print shop and turn it into a coil bound workbook that will be handy when you next experience a craving.

## • SNACK ATTACK WORKSHEET •

1. What are you craving?

2. What time is it?

3. On a scale of 1-10, how intense is the craving?

1 2 3 4 5 6 7 8 9 10

4. Where were you physically when the urge to eat or craving first hit?

5. Does the craving want you to binge or just have a little?





## UNDERSTANDING YOUR PHYSICAL, EMOTIONAL, MENTAL TRIGGERS

Before you answer the following questions, close your eyes. take a few deep breaths and tune into your body. When you feel ready, answer the questions below.

6. (A) Right now, in this moment, what are you experiencing in your body? Where is the craving (what body part)? What physical sensations are you feeling? Describe them in detail. For example, tightness in shoulders, pressure in the chest area, pain in my stomach, tension around eyes, sore throat, etc...

Right now, in this moment, I am noticing these physical sensations in my body...

6. (B) If the physical sensation / body part could speak, what would it say? Does it need something? Write *everything* that comes to mind. Don't judge what is coming up, just let it flow onto paper. You can use discernment later. You can decide what is useful / helpful later. For now, be curious, be intrigued. Be a good listener.



7. Right now, in this moment, what emotions are you feeling? Emotions are single words. If you are writing sentences, you are NOT listing your emotions (you might be telling a story, describing a trigger, etc). Use single words only. For example, I am feeling... tired, overwhelmed, sad, angry, scared, happy, excited, etc.

Right now, in this moment, I am feeling...

8. What scary, negative, distressing thoughts are going through your head right now? You might have to dig a little to access them. Take your time. For example: I am going to fail at..., This bad thing is going to happen..., I am ashamed of... I hate myself..., etc.

The following negative thoughts/fears/beliefs are in my head...



**NOW THAT WE HAVE TUNED INTO OUR BODIES, ACKNOWLEDGED OUR EMOTIONS AND IDENTIFIED DISTRESSING THOUGHTS, LET TUNE INTO THE ADDICT VOICE. I WONDER WHAT IT IS SAYING TO YOU?**

9. (A) Can you hear a voice in your head that is suggesting or justifying compulsive eating/ What is it saying? For example, 'it is just one bite', 'it is rude to not eat birthday cake,' 'you can start again tomorrow,' etc.

The Addict Voice is saying the following to suggest and justify compulsive eating...

9. (B) In what ways is the Dragon's argument in favor of eating off plan dishonest, short sighted, irrational, etc? Pick apart its arguments. Pretend you are in front of a judge and jury. What is the truth? Make your case below. Win the argument.

The Dragon's arguments in favor of snacking are dishonest and short sighted in the following ways....



## 10. Cost / Benefit Analysis

<b>(A) List the Negative Consequences of Giving into this Craving?</b>	<b>(A) List the Benefits of NOT Giving into this Craving?</b>
<b>(B) Who Else is Impacted by these Negative Consequences in the short term and long term? How?</b>	<b>(B) Who Else Benefits from you not compulsively eating in the short term and long term? How?</b>



11. How would you feel if one year from now you are still struggling with this issue?

12. Do you believe in your heart of hearts that it is possible to stop struggling with food? Do you believe that people can truly let go of insane food behaviors and swap them out for sane food behaviors? Do you believe this is possible for you?

### **YOUR CORE VALUES**

13. Write Down Your Top 5 Core Values (from the previous exercise). Does giving into this cravings strengthen or weaken you? Does it support or violate your core values?

14. How do you feel inside when your behavior is out alignment with your core values? How do you feel when they are in alignment?



## REPLACE THE BEHAVIOR

### DID YOU KNOW... IT IS EASIER TO REPLACE A 'BAD BEHAVIOR' THAN STOP IT?

When the body is calling for a snack, it is really a cry for help. Something has triggered it and it needs your support. It either is seeking to shut down (avoid pain) or get high (experience pleasure). It is not enough to just stop eating sugar and snacking. We need to find new and better ways of managing discomfort and feeling good. We need to lovingly support our bodies to regulate its nervous system (instead of going into a food-induced "freeze" response). What are you going to do instead of compulsively eat?

**15. We know that your body does not need a snack. So what does it need? Circle what applies to you right now.**

Rest/ Nap/ Time Out	A Meal	Sunshine
Water	Connection/ Affection	Music
Sleep	Comfort/ Reassurance	Express Feeling/ Anger
Slow Down	Relaxation	Reframe Negative Thoughts
Cry	Movement/ Exercise	Have Fun
Meditation	Time in Nature	Watch TV/ Check Out

**16. Anything else you need not listed above? List your ideas here.**

**17. What action can you take right now that might bring feelings of relief and relaxation? If it can't be done immediately, when can you do it?**

**18. On a scale of 1-10, how intense is the craving now?**

- 1 2 3 4 5 6 7 8 9 10



## PART 3

# LEARNING FROM SLIPS AND RELAPSES





# SNACK ATTACK WORKSHEET (AFTER A SLIP)



If you are still struggling to say “no” to snacks, sugar or trigger foods, no problem. We strive for perfection but when we don’t achieve it, we NEVER EVER criticize ourselves. We get curious instead. The worksheet below is intended to help you do a post-mortem on your snack attack slips. They will help you do things better and differently next time.

Being in the ditch is valuable research. Answering the questions below will help you learn from your mistakes. Slips and relapses can strengthen our awareness of the fact that we cannot moderate. We cannot make exceptions. We cannot get sloppy or lazy with our food. We need to plan and prioritize our meals everyday. It is the foundation of our happy sugar-free life.

After you have given into each snack attack, print up the worksheet and get down to work. Don’t let a single snack attack go unexamined. Keep doing these worksheets until slips become rare one-offs between long glorious streaks of food freedom.

**P.S.** — I recommend that you turn 30 or so sheets into a coil bound workbook. That way all your hard-won lessons will be in one handy place.





# DEFINITIONS

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Before we go onto our **Snack Attack Slip Worksheet**, let's make a distinction between a slip and a relapse. They are different.

## WHAT IS A SLIP?

A slip is an insane food behavior (impulsive, compulsive, obsessive) or self-harming food choice that falls on the minor end of the “I fell off the wagon” or “I lost control” spectrum. It typically involves the consumption of less harmful and less addictive foods such as cheese, nuts, a French fry, etc. Slips are usually relatively easy to recover from because they did not involve highly addictive foods (sugar/flour) which can stir up intense cravings and a strong desire to binge eat. This is not to downplay a slip. Slips are to be taken very seriously.

A slip is a red alert. It is an early warning sign that you are heading toward a relapse. It is a sign your Addict Brain (also known as the Sugar Dragon TM) is gaining strength and may soon orchestrate a hostile takedown. It is your Addict Brain taking an inch that will soon become a mile.

I call Slips the “rumble strips” that warn a vehicle it is about to cross the center line or head into the ditch. Getting back on track as soon as possible after a slip is essential. The **Snack Attack Slip Worksheet** will help you do that.

## WHAT IS A RELAPSE?

A relapse is a big hairy deal. It never comes out of the blue. Prior to a full-on relapse, there were slips. Relapsing is the equivalent of driving into the ditch. And unfortunately, you never know how long you will be stuck there. Cravings, compulsive eating, food obsession, binge eating, purging all come back with vengeance. It can take days, weeks, months and sometimes years to get back on track. Relapses can steal our desire to get abstinent and down play the benefits of sane peaceful eating. Relapses are high-risk. They can undo months of success (especially weight loss) and discourage us from getting back on the road of recovery — the paved highway heading in the direction of a



better life. We want to avoid them at all costs. If, however, you are in the ditch, no problem! That happens. It is precious research. Deep personal learning. The **Snack Attack Worksheet** will help you disarm the Dragon by restoring the authority of your Wise Mind. Fill one out every time you slip or relapse. Use your 'oopsies' to grow stronger and wiser. Soon your slips, relapses, snack attacks, and food insanity will be replaced with high-quality self-care. And you will be free.



# • SNACK ATTACK WORKSHEET •

## (AFTER A SLIP/RELAPSE)

1. What were you craving?

2. What time did the craving hit?

3. On a scale of 1-10, how intense was the craving?

1 2 3 4 5 6 7 8 9 10

4. Where were you?

5. Did you binge or just have a bite/serving?

6. What triggered the craving? What thoughts, feelings, physical sensations, circumstances were involved? Brainstorm your ideas here.



**7. Are these common trigger for you? How often are you triggered by these thoughts, feelings, physical sensations, circumstances? Can you see any patterns?**

**8. What could you have done to avoid (or lessen the impact of) these triggers? List at least 3 triggers. What can you do to avoid these triggers in the future?**

**9. What did your Addict Brain say to suggest or justify the indulgence?**



**10. If this indulgence made you feel better, brainstorm other things you could have done that would have made you feel better. What other activities besides eating can lift your mood, make you feel safe, relaxed, happy, energized, etc,**

**11. How would you feel if one year from now you are still struggling with this behavior?**

**12. In hindsight, what do you wish you had done instead?**



### 13. BEST PRACTICES TO CURB CRAVINGS CHECKLIST

• How long had it been since your last meal?		
• Have you been consistently planning your meals?	YES	NO
• Were you adequately hydrated prior to the slip?	YES	NO
• Are you getting enough sleep?	YES	NO
• Have you been eating protein, veggies and healthy fat eat every meal?	YES	NO
• Are you eating every 4–6 hours?	YES	NO
• Are you making time every day to relax/have fun?	YES	NO
• Are you feeling overwhelmed or overworked?	YES	NO
• Are you practicing self-care activities such as walks and meditation daily?	YES	NO

**14. Given this list, are there some best practices you are not doing that you might be willing to do more of to reduce cravings/snack attacks/slips?**



15. What did you learn from this Slip or Relapse? Any new insights?

16. On a scale of 1-10 how committed are you to not snacking, not compulsively eating?



17. If your commitment is not an 8 or above, why not? List your reasons here:



**18. Review your reasons for not being fully committed to letting go of insane food behaviors. Are these reasons coming from you or the Dragon? Are they driven by fear, limiting beliefs, and self-doubt? Look at each thought and rationally reframe them. Ask your coach for help if you need it.**