



# Diet Lingo

## How to Spot a Dieter from a Mile Away

How much of your daily conversation involves diet lingo? I'll bet you'd be surprised by how often you both speak AND think in dieting language. Your brain is always listening and follows the direction you point it. What if you let go of diet language so that your body gets to be in charge?

What are the first 10 words that come to mind when you hear "DIET"?

- |          |           |
|----------|-----------|
| 1. _____ | 2. _____  |
| 3. _____ | 4. _____  |
| 5. _____ | 6. _____  |
| 7. _____ | 8. _____  |
| 9. _____ | 10. _____ |

**GET STILL FOR A MINUTE and reread those 10 words.**

What is the sensation you feel in your body?

Is it heavy?

Where do you feel it?

In your chest? In your throat?

## Answer these questions in the context of the word "DIET"

How do you know it's time to eat?

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

What foods are bad?

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

What foods are good?

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

What happens if you cheat?

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Are rewards important?

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How will you know if you successful?

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